



BBQ Pastrami

Instructions:

Coat a pan with 3 seconds of Pam and add the onions.

Cook the onions for 3 minutes on a low flame.

Add the pastrami and BBQ sauce and cook for another 5 minutes, stirring regularly.

Serve with 2 slices of whole wheat bread

Counts as 1 lunch

Prep Time:

5 minutes

Cook Time:

8 minutes

Ingredients:

5 oz. lean pastrami - cut into bits

1 medium onion - chopped

1/2 cup of our free BBQ Sauce (see BBQ sauce recipe in the Free section) or use 1/4 cup of Walden Farms 0 calorie BBQ sauce

Pam