



## BBQ Pastrami

### Instructions:

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

Cook the onions for 2 minutes on a low flame.

Add the pastrami and BBQ sauce and cook for another 3 minutes, stirring regularly.

**Serve with 2 slices of whole wheat bread**

**Counts as 1 lunch**

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**Prep Time:**

5 minutes

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**Cook Time:**

5 minutes

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### Ingredients:

3 oz. lean pastrami - cut into bits

1/2 medium onion - chopped

1/3 cup of our free BBQ Sauce (see BBQ sauce recipe in the Free section) or use 1/6 cup of Walden Farms 0 calorie BBQ sauce

Pam