Shredded Chicken Sandwiches

Ingredients

* Chicken Breasts
* BBQ Sauce
* Texas toast

1. Preheat oven to 400 F
2. Line baking sheet with tinfoil and sprinkle with olive oil. Place chicken breasts on baking sheets. Cook for approximately 35 minutes or until chicken is fully cooked
3. Toast Texas toast in the oven
4. While bread is toasting use two forks to shred chicken
5. Add BBQ sauce to chicken, mix well and place on toast!