

Barbecue Chicken & Coleslaw Wraps

These Barbecue Chicken & Coleslaw Wraps are an easy summer dinner for busy nights. They have tender BBQ chicken, crunchy coleslaw, and a sweet-and-tangy flavor that makes dinner feel fresh without a lot of extra work. They're perfect when you want something filling but don't want to turn on the oven or spend all night in the kitchen.

Ingredients

- ¼ cup (50 mL) apple cider vinegar
- 2 tbsp (30 mL) [Smoky Barbecue Rub](#)
- 2 tbsp (30 mL) brown sugar
- 1 tsp (5 mL) Dijon mustard
- 1 small red onion
- 1½ lbs. (700 g) chicken tenderloins
- ¼ head cabbage (8 oz./250 g)
- 1 medium carrot, peeled
- 1 medium Granny Smith apple
- ¼ cup (50 mL) light mayonnaise
- 1 tbsp (15 mL) lemon juice
- ½ tsp (2 mL) black pepper
- 8 10" (25-cm) flour tortillas

Directions

1. Combine all the marinade ingredients in a [large mixing bowl](#).
2. Slice the onion into a medium mixing bowl. Add the chicken and *2 tbsp (30 mL)* of the marinade and toss to coat.
3. Heat the [Nonstick Double Burner Grill](#) and [Grill Press](#) over medium heat for 3–5 minutes. Add the chicken to one side of the pan and the onion to the other side. Cover the chicken with the grill press and cook for 6–8 minutes, turning the chicken once and stirring the onions occasionally.
4. Meanwhile, slice the cabbage to measure 3 cups (750 mL). Grate the carrot and apple with the [rapid-prep mandoline](#)
5. Add the cabbage, carrot, and apple to the remaining marinade and stir to coat. In a separate small bowl, combine the mayonnaise, lemon juice, and pepper.
6. To assemble the wraps, spread 2 tsp (10 mL) of the mayonnaise mixture onto each tortilla and top with about 1/4 cup (50 mL) of the coleslaw and 1–2 chicken tenders.

Mealtime Shortcuts

1. The original recipe uses the grill pan, but when I want a more hands-off dinner, I use my [Deluxe Multi Cooker](#) instead. It cooks the chicken without standing over the stove, which is exactly the kind of shortcut I love on a busy night.
2. Need dinner even faster? Use leftover chicken or rotisserie chicken. Toss it with the barbecue sauce mixture, warm it up, and dinner is halfway done.

Need a more Kid friendly ideas:

BBQ chicken + cheese + tortilla + optional crunch

Instead of making the coleslaw the star, make it something they can add if they want.

Use plain BBQ sauce instead of the tangy vinegar/Dijon-style sauce if your kids are picky.

Swap the full coleslaw mix for one of these:

Option 1: Crunch on the side

Serve the slaw on the side and let everyone add it if they want.

Option 2: Simple “sweet crunch” slaw

Use shredded cabbage or bagged coleslaw mix with a little ranch or mayo and a tiny drizzle of honey. Skip the Dijon, onion, and strong vinegar flavor.

Option 3: Lettuce instead of slaw

Use shredded lettuce, cheese, and BBQ chicken. Super easy and familiar.

Option 4: Make it a quesadilla-style wrap

BBQ chicken + shredded cheese in a tortilla, warmed in a skillet or air fryer.

Serve apple slices or slaw on the side.