

# Pulled Jackfruit Sammy with Slaw

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Sandwiches

Serving size: 1 sandwich

Ingredients	Quantity	Measure
Jackfruit, Canned in Water or Brine or Vacuumed Packed – unflavored	6	cups
Canola Oil	3	Tbsp.
Onions, Yellow, small dice	2	cups
Garlic, Fresh, minced	2	tsp.
BBQ Sauce, prepared	2	cups
Salt		To Taste
Black Pepper		To Taste
Cabbage Slaw, (See Recipe)	6	cups
Hamburger Buns	12	each

## Preparation

1. Preheat oven to 400 degrees Fahrenheit. If using canned jackfruit, drain and rinse. Place in a single layer on a sheet pan and pat dry.
2. Pick out large seeds from the jackfruit, if any. Heat the oil in a large skillet over medium high heat. Add the onions and garlic and sauté until fragrant and soft. Add the jackfruit. Continue to cook until the jackfruit is heated through and is easy to break apart with a back of a spoon. Add the BBQ sauce and lower the heat to allow the mixture to simmer slowly until well combined. Adjust seasoning with salt and pepper.

## Serving Information/Notes

To Serve: Scoop ½ cup BBQ Pulled Jackfruit and ½ cup Cabbage Slaw and place into the hamburger buns.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 272 Total Fat: 7.4g Saturated Fat: 1.6g Monounsaturated Fat: 2.7g Polyunsaturated Fat: 1.1g Trans Fat: 0g Cholesterol: 5mg Carbohydrate: 46g Fiber: 2.2g Total Sugar: 18.6g Protein: 5g Sodium: 435mg Vitamin A: 113µg Vitamin C: 17.6mg Calcium: 33mg Iron: 0.6mg Folate: 27µg