

Pulled Jackfruit

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 15 Serving Size: ¼ cup

Ingredients	Quantity	Measure
Jackfruit, green, in water or brine, or vacuum packed	6	cups
Oil, olive or canola	3	Tablespoons
Onion, diced	2	cups
Garlic, fresh, minced	2	Tablespoons
Mexican/BBQ Flavor		
Chipotle paste	2	teaspoons
Chili powder	2	teaspoons
Cumin, ground	1	Tablespoon
Asian Flavor		
Soy sauce	1	Tablespoon
Ginger, fresh, minced or grated	1	Tablespoon
Sesame oil	1	Tablespoon

Preparation

1. Preheat oven to 350 degrees Fahrenheit.
2. Drain jackfruit in a colander. If in brine, rinse lightly to remove some of the salt. Remove seeds and set aside.
3. Heat an oven-proof skillet on medium heat and add oil. Add onion and sauté 5 minutes until golden.
4. Add garlic and flavor ingredients and sauté another 3 minutes. Add jackfruit and 1 cup water or low-sodium vegetable stock. Sauté another 5 minutes until water mostly evaporates, while using a wooden spoon to pull or shred the jackfruit into strands.
5. Distribute jackfruit evenly in bottom of the pan and bake in oven for 10-15 minutes until jackfruit is more dried and slightly crisped. See serving suggestions for plating.
6. Serve in a taco, on a bun or in a lettuce wrap with fresh veggies, coleslaw and fresh cilantro, as well as salsa, barbecue or hoisin sauces as desired.

Serving Suggestion

Serve jackfruit in a taco, on a bun or in a lettuce wrap with fresh vegetables, coleslaw and cilantro. The jackfruit can be topped with salsa, barbecue sauce or hoisin sauces, as desired.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 84 Total Fat: 4g Saturated Fat: 0.5g Monounsaturated Fat: 2.3g Polyunsaturated Fat: 0.7g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 13g Fiber: 0.5g Total Sugars: 0.6g Protein: 0.5g
Sodium: 93mg Vitamin A: 6µg Vitamin C: 6mg Calcium: 33mg Iron: 0.4mg Folate: 9µg

