



**Makes 4 bowls**  
**Preparation Time: 30 minutes**  
**Cook Time: 30 minutes**

#### INGREDIENTS:

¼ cup apple cider vinegar  
1 tablespoon pure cane sugar  
2 cups thinly sliced cucumber  
1 cup slivered red onion  
½ cup thinly sliced radishes  
4 thick slices whole grain bread  
(½-inch thick)  
¼ teaspoon garlic powder  
Freshly ground black pepper, to  
taste  
1 14-oz. can green jackfruit,  
rinsed, drained, and shredded  
10 to 14 tablespoons purchased  
oil-free barbecue sauce or [Del's  
Basic Barbecue Sauce](#)  
4 cups hot cooked tricolor  
quinoa  
2 cups broccoli slaw

## BBQ Jackfruit Bowls with Texas Toast

These BBQ jackfruit bowls hit all the right notes for a great eating experience—chewy, zesty, crunchy, and colorful. Meaty **jackfruit** morsels are marinated in an oil-free BBQ sauce to absorb that classic smoky-sweet flavor, just minus the unhealthy ingredients. A bed of quinoa and broccoli slaw soaks up the excess sauce while quick-pickled red onions and cucumbers add a delicious tang to the dish. Slices of **whole grain** bread are enhanced with a sprinkling of garlic powder and pepper for an extra dose of savory flavor, but if you want to leave out the toast you can fold everything into a tortilla burrito-style for a delicious lunchtime wrap!

For more jackfruit recipes, check out these tasty ideas:

- [Teriyaki Jackfruit and Rice Stacks](#)
- [Barbecue Stuffed Sweet Potatoes with Smoky Jackfruit](#)
- [Jackfruit Jambalaya](#)
- [Jackfruit Tamales](#)

By Shelli McConnell

- 1 For quick-pickled vegetables, in a small saucepan bring vinegar, sugar, and 1 tablespoon water to boiling. Stir in cucumber, onion, and radishes. Remove from heat; let stand at least 20 minutes, stirring occasionally. Drain before using.
- 2 For the Texas toast, place bread on a baking sheet. Mist bread lightly with water. Sprinkle with garlic powder and pepper. Broil 4 to 5 inches from heat about 3 minutes or until lightly toasted, turning once. Cut slices in half diagonally.
- 3 In a bowl stir together shredded jackfruit and 2 tablespoons of the barbecue sauce. In bowls arrange jackfruit, quinoa, broccoli slaw, and pickled vegetables. Drizzle with the remaining Barbecue Sauce. Serve with Texas toast.