



Makes 8 open-face sandwiches
Preparation Time: 30 minutes

INGREDIENTS:

2 10.6-oz. pkg. unseasoned shredded young jackfruit (see tip, recipe intro)

1 medium apple, chopped

¾ cup coarsely shredded carrots

½ cup chopped fresh parsley or cilantro

¼ cup chopped walnuts, toasted

1 teaspoon lemon zest

1 15-oz. can no-salt-added white beans, rinsed and drained (1½ cups)

¾ cup unsweetened, unflavored plant-based milk

1 medium avocado, halved, seeded, peeled, and thinly sliced

3 tablespoons lemon juice

4 teaspoons coarse ground mustard

2 cloves garlic, minced

½ teaspoon sea salt

4 whole grain English muffins, split and toasted

4 to 8 green or red leaf lettuce leaves, torn

2 medium tomatoes, each cut into 8 slices

Freshly ground black pepper

Quick and Easy Jackfruit Salad Sandwiches

Chopped apples and walnuts add a surprising bit of crunch and flavor to this hefty **jackfruit** salad sandwich filling, which is perfect for a quick and satisfying meal at any time of the day. It's like a mashup of a **Waldorf salad** and a vegan pulled-pork sandwich! White beans and shredded carrots add body to the jackfruit mix, while lemon zest keeps things peppery. White beans also make an appearance in the tangy avocado dressing. Blending beans until creamy is a great low-fat trick for getting a rich and silky **dressing** that doesn't weigh you down with oil. Serve this tasty jackfruit salad on halved whole grain English muffins with tomato, avocado, and lettuce. Don't do English muffins? Feel free to use bread or whole grain hamburger buns instead. Or skip the bread altogether and serve atop leaves of romaine or butter lettuce or in a bowl as a hearty salad.

Tip

Young green jackfruit has a neutral taste and a texture similar to shredded meat. Look for unseasoned vacuum-packed jackfruit, such as **Upton's Naturals** brand, in the refrigerator aisle. Or check your supermarket's Asian or international foods aisle for sodium-free or no-salt-added canned jackfruit, such as **Native Forest** brand.

For more inspiration, check out these tasty ideas:

- **Chipotle-Lime Black Bean and Jackfruit Burgers**
- **Jackfruit Barbecue Sandwiches with Broccoli Slaw**
- **Chipotle Jackfruit Tacos**
- **Jackfruit Tamales**

By Laura Marzen, RD, LD

- 1 Pat the jackfruit dry, if needed, using a clean kitchen towel or paper towels. In a large bowl toss together jackfruit and the next five ingredients (through lemon zest). Stir in ¾ cup of the beans.
- 2 In a blender or small food processor combine the remaining beans, the milk, one-fourth of the avocado, the lemon juice, mustard, garlic, and salt. Cover and blend until smooth, scraping sides as needed. Add blended bean mixture to jackfruit mixture. Toss to combine.
- 3 Top all eight English muffin halves with lettuce and tomatoes. Spoon jackfruit mixture over top. Add the remaining avocado slices and sprinkle with pepper. Serve immediately.