

Jackfruit Tostadas

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 6 servings

Ingredients

- 1 cup white vinegar
- 1 cup water
- 1 teaspoon granulated sugar
- $\frac{3}{4}$ teaspoon kosher salt, divided
- $\frac{1}{2}$ cup carrot, thinly sliced
- $\frac{1}{2}$ cup small cauliflower florets
- $\frac{1}{3}$ cup radishes, thinly sliced
- 6 (6-inch) corn tortillas
- 1 (14-ounce) can jackfruit in brine, drained and rinsed
- 1 tablespoon lime zest
- $\frac{1}{4}$ cup fresh lime juice (from 2 limes)
- 2 teaspoons chipotle chile powder
- 2 teaspoons ground cumin
- 1 garlic clove, minced
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- $\frac{1}{3}$ cup fresh cilantro, chopped



Method of Preparation

1. Preheat oven to 400 degrees. In a small saucepan, combine vinegar, water, sugar, and half a teaspoon of salt. Bring to a simmer; cook until sugar and salt dissolve. Stir in carrot, cauliflower, and radishes. Remove from heat.
2. Cut four circles from each tortilla with a two-inch round cutter. Place on a baking sheet. Bake for nine minutes.
3. Place jackfruit in a bowl and shred. Stir in lime zest, juice, chile powder, cumin, garlic, pepper, and remaining quarter teaspoon salt. Cook in a skillet over medium-high, stirring often, 3-5 minutes.
4. Top each baked tortilla circle with one teaspoon of the jackfruit mixture and a few pickled vegetables. Sprinkle with cilantro.

Nutritional Analysis:

Calories: 130
Carbohydrates: 28 g
Sodium: 20 mg
Protein: 2 g
Total Fat: 1 g
Saturated Fat: 0 g
Fiber: 2 g