

BBQ Jackfruit-Stuffed Sweet Potatoes

Servings 2

Prep Time 10 minutes

Cook Time 10 minutes



Nutrition Information

Calories	498
Fat	13 g
Saturated fat	4.5 g
Cholesterol	22 mg
Sodium	473 mg
Carbs	88 g
Fiber	17 g
Sugar	23 g
Protein	10 g

Health Benefit

[vegetarian](#)

This hearty vegetarian dish is rich in magnesium, fiber, and vitamin C and is packed with flavor too

If you've ever encountered a greenish, spiky object the size and shape of a large loaf of sourdough bread in the produce department, you've likely found jackfruit. Native to India, the fruit has tender, juicy, and shreddable flesh, giving it a meaty texture, and it takes on the flavors of whatever it's cooked with.

Ingredients

2 medium [sweet potatoes](#)

½ tsp [olive oil](#)

¼ tsp [kosher salt](#)

1 package (10 oz) BBQ-flavored [jackfruit](#)

½ cup [shredded cabbage](#)

½ cup grated [carrot](#)

½ cup [light sour cream](#)

1 to 2 Tbsp [lime juice](#)

1/8 tsp [chipotle powder](#)

Garnish with [cilantro, chopped](#)

Directions

1. Wash the potatoes, pat dry, and prick all over with a fork. Rub with the olive oil and sprinkle with the salt. Set on a microwave-safe plate and microwave on high until a butter knife easily pierces them, about 10 minutes. (Alternatively, bake in a 425°F oven for 45 to 60 minutes.)
2. Meanwhile, gently heat the jackfruit in a small saucepan or skillet over medium heat until warmed through, breaking up any larger chunks, about 5 minutes. Remove from heat and stir in the cabbage and carrot.
3. In a small bowl, combine the sour cream or yogurt, 1 Tbsp lime juice, and the chili powder, stirring until combined and smooth. If the cream isn't drizzle-able, add more lime juice. If you prefer it spicier, add more chili powder, to taste.
4. Halve the sweet potatoes lengthwise and lightly fluff the flesh with a fork. Divide the jackfruit mixture over the top of each potato. Drizzle an ample amount of the sour cream onto each potato, serving the rest alongside. Sprinkle with cilantro, if desired.

Tip: Jackfruit comes already dressed in many flavors. Try smoked, adding just enough of your favorite BBQ sauce to moisten; teriyaki, topping with scallions and sesame seeds; or Tex-Mex, using it for tacos or stuffing into bell peppers.

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