

Recipe for

Jackfruit Tomato Salsa



SERVES 1

PREP TIME/TOTAL

TIME Approx 10 min/ 15 min

NUTRITION INFORMATION

Total Calories 162

Fat 1.2 g

Protein 4.4 g

Carbohydrates 33.6 g

Fiber 4.7 g

INGREDIENTS

6 - 8 jackfruit bulbs chopped

2 medium sized tomatoes chopped

1/2 small red onion chopped

2 cloves garlic minced

1/4 tsp red chili powder

1/2 jalapeno

1/3 cup of chopped cilantro

Juice of 1 lime

1/4 tsp of salt

DIRECTIONS

Chop/dice jackfruit, tomatoes, red onion, jalapeno, and cilantro

Add other ingredients

Mix all the ingredients in a bowl and enjoy.

*jackfruit is available frozen or fresh. Fresh jackfruit yields a lot of bulbs that can be frozen and used at a later time.

