

*Cooking in the Gesundheit Kitchen with Chef Hans Rueffert*

**Episode 16: Jackfruit Barbacoa Tostada**

**From Chef Hans:** Jackfruit is a great meat substitute as it has plenty of protein. It has a consistency similar to artichoke hearts and, as you cook it, it will break down and resemble meat! It can be great as a vegan “crab cake” or, in this case, vegan “pulled pork.” Jackfruit is also an easy-to-digest meat substitute, especially for those with GI issues.

**Serves 1 - 2**

**INGREDIENTS:**

- 1 package of ready-made seasoned & shredded jackfruit barbacoa OR 1 can jackfruit seasoned to preference.
- 1 tostada (cooked quinoa or cooked rice can be substituted) OR 1 small whole wheat tortilla
- 1-2 tablespoons salsa of choice
- small handful of fresh spinach

**DIRECTIONS:**

Heat up your ready-made jackfruit in a pan on low to desired temperature.

If you are using a can of jackfruit, drain – if needed - and add to the pan along with your preferred seasoning (try a ready made barbacoa or taco seasoning!). Be sure to cook the jackfruit longer until it starts to fall apart.

After cooking the jackfruit barbacoa to your preferred consistency, place a few spoonfuls onto the tostada (or rice bowl). Layer the salsa & spinach on top. Enjoy!