

JACKFRUIT & GREEN CHILE ENCHILADAS

Makes 3-4 servings

Ingredients

1 package cassava flour tortillas (or whatever your favorite is)
1 can jackfruit, drained and shredded with a fork
1 can fat free refried pinto beans
1 C shredded cheese of your choice
2 TBS taco seasoning
1 TBS olive oil
1 4oz can chopped green chiles
1/2 C salsa verde
Serve with pico de gallo and sliced avocado

Directions

1. Preheat the oven to 400 and line a baking sheet with tin foil. In a bowl, mix the jackfruit with the taco seasoning and the olive oil. Spread onto the baking sheet and bake for 18-20 minutes, or until the tips of the jackfruit get a little crispy.
2. Use a nonstick spray to spray into a large baking dish and set aside.
3. Once the jackfruit is done, add it back to the bowl and stir in the green chiles and 1/2 a cup of the shredded cheese.
4. Take some paper towels and get them damp, then wrap the paper towels around the tortillas. Microwave for 2-3 minutes until the tortillas have softened and become pliable.
5. Using a knife, spread a small amount of the refried beans onto each tortilla down the middle, followed by a spoonful of the jackfruit filling, and then carefully fold together and place seam side down in the baking dish. Once finished assembling tortillas, pour the salsa verde over the tortillas and sprinkle the remaining cheese.
6. Bake for 20-22 minutes or until the tortillas get slightly brown and crispy.

Garnish and enjoy!

