

Jackfruit Avocado 'Chicken' Salad Sandwich

Makes: 4 sandwiches

Ingredients:

- 1 can young jackfruit in brine (drained)
- 2 tablespoons diced bell pepper
- 1 scallion (white, light green, and dark green parts, chopped)
- 2 to 3 tablespoons chopped cilantro
- 1 avocado (halved)
- 1/4 cup vegan mayonnaise
- Black pepper to taste
- 8 slices bread of your choice
- A handful of greens or a lettuce leaf (optional)

Instructions:

1. Prepare the Jackfruit:

Place the drained jackfruit in a bowl and shred it with your hands.

2. Mix the Ingredients:

Add the diced bell pepper, chopped scallion, cilantro, 1/2 avocado, and vegan mayonnaise to the bowl with the jackfruit. Mix well with a fork, mashing the avocado as you go. Season with black pepper to taste.

3. Assemble the Sandwiches:

Spread the prepared jackfruit mixture onto one slice of bread. Slice the remaining half of the avocado and place a few slices on top of the jackfruit mixture. Add greens or lettuce, if desired. Cover with the second slice of bread.

4. Serve:

Cut the sandwich in half diagonally and serve. Enjoy!

Nutritional Breakdown (Per Sandwich):

- **Calories:** ~300 kcal
- **Protein:** ~6g
- **Carbohydrates:** ~34g
 - **Fiber:** ~8g
 - **Sugars:** ~3g
- **Fat:** ~17g
 - **Saturated Fat:** ~2.5g
- **Cholesterol:** 0mg

- **Sodium:** ~400mg

This breakdown is approximate and may vary depending on the specific ingredients and bread used. The sandwich provides a good balance of healthy fats from the avocado, fiber from the jackfruit and bread, and a modest amount of protein, making it a nutritious and satisfying meal option.