



BBQ Jackfruit Stuffed Avocado Tacos

Ingredients for Jackfruit Avocado

2-4 avocados halved, de-seeded, half scooped out(set aside scooped avocado for guacamole)

2 tsp olive oil

1 can jackfruit (in Asian food section)

Half small red pepper, small diced

Half small red onion, small dice

3 cloves garlic

1 bag shredded mozerella

Sweet Baby Ray's Barbecue Sauce to coat

Ingredients for Salsa

1 med red pepper, small diced

1 small red onion, small diced

Coarse salt and freshly ground pepper

1 can pineapple tidbits, drained

1 can black beans, rinsed & drained

1 can corn, rinsed & drained

1 can petite diced tomatoes, drained

1/4 tsp paprika

1/4 tsp adobo

1/8 tsp cayenne

1 small lemon, zested & squeezed

Ingredients for Guacamole

Scooped avocado, may add 1-2 extra depending on amount desired

Remaining half of red onion, small diced as needed

Remaining half of red pepper, small diced as needed

2-3 cloves garlic, as needed

Squeeze of lemon

Directions

Jackfruit Avocado- Preheat oven to 350*. In a Medium skillet heat olive oil over med high heat. Brown jackfruit, remove from skillet, add onion and red pepper cook until onions are turning gold. Add in garlic. Cook until tender (3-5 min). Add back in Jackfruit remove from heat and mix in barbecue sauce until coated. Place halved avocados on a baking sheet add jackfruit mixture and top with mozzarella. Bake for 20-30 minutes until cheese is golden.

Salsa- In a large bowl combine black beans, corn, pineapple, tomato, red pepper, red onion, paprika, cayenne, adobo, lemon zest and juice.

Guacamole- Smash scooped avocado stir in red onion, garlic, red pepper, and lemon.

Serving- Place 2 taco shells on a plate with salsa and guacamole sit 1 avocado with a spoon in it in between the tacos and serve. Each avocado half makes 2 tacos. Add sour cream if desired.