**Pulled Jackfruit Barbecue Sandwich**

Servings: 4

Prep Time: 10 Minutes

Cook Time: 25 Minutes

Total Time: 45 Minutes

Equipment Needed:

Measuring Utensils, Knife

Ingredients:

1 (14 ounce) Can Jackfruit

½ Cup (4 ounces) Your Favorite Barbecue Sauce

½ Cup Onion, chopped

1-2 Tablespoons Corn OR Vegetable Oil

White Pepper to taste

Garlic Powder to taste

Seasoned Salt to taste

Pickles, sliced, as desired

Directions:

1. Drain the Jackfruit from can. In unripe (young) jackfruit, these strands is great for vegetarian dishes. Shredding it with a fork mimics a pulled pork-like texture.
2. Heat a skillet in oil on Medium Low heat and cook the jackfruit, onions, and barbecue sauce for 20 minutes.
3. Add the seasonings and stir for an additional 5 minutes.
4. Serve on wheat buns with condiments and pickles. Eat & Enjoy!