

Jackfruit Tacos (Low Protein)



These tacos are a delicious alternative to traditional tacos for vegetarians and those following a low-protein diet! These plant-powered tacos rely on lots of vegetables and jackfruit for delicious flavor, texture, and fiber.

YIELD	PREP TIME	TOTAL TIME
6 SERVINGS	15 MIN	30 MIN

Simplified Diet
Protein

Serving

1.4g

Recipe

8.3g

INGREDIENTS

1 Tbsp	Olive Oil
½ each	Onion, diced
½ each	Red Bell Pepper, diced
8 oz	Mushrooms, chopped
2 cloves	Garlic, minced
1-14 oz can	Jackfruit, drained and shredded
1 cup	Vegetable Stock or Water
3 Tbsp	Salt-Free Taco Seasoning (see separate recipe)
2 tsp	Worcestershire Sauce
¼ tsp	Kosher Salt
12 each	Siete Cassava Flour Tortillas
½ batch	Cilantro Avocado Lime Crema (see separate recipe)

CHEF'S NOTES

**Serving size = 2 tortilla with ¼ cup filling
& 1 Tbsp crema each**

Craving a salad? Ditch the tortillas and create a delicious taco salad! You can serve the taco filling on romaine spears for fun handheld treat!

Liven up your tacos even more with shredded dairy-free cheese, salsas, and pickled cabbage. The possibilities are limitless!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Heat a large non-stick sauté pan over medium-high heat. Once the pan is hot, add the oil and then add the onions and sauté until translucent, about 3-4 minutes. Add the bell pepper and continue to sauté until the pepper begins to brown, about 2 minutes. Add the mushrooms and continue to cook the vegetables until most of the moisture the mushrooms released has evaporated, about 5-7 minutes.
3. Add the drained and shredded jackfruit, vegetable stock or water, taco seasoning, Worcestershire sauce, and salt. Simmer for 5-7 minutes, stirring occasionally. If desired, lightly mash some of the jackfruit further using a potato masher or the back of a spoon. Add more water if needed to keep the taco filling from drying out. Once the moisture has cooked off and the taco filling looks consistent in texture, turn off the heat and set aside.
4. Warm tortillas in a skillet to the desired texture. When finished toasting, wrap the tortillas in a cloth napkin or tin foil to keep warm.

5. To assemble tacos: fill each tortilla with ¼ cup of the filling and 1Tbsp of Cilantro Avocado Lime Crema.

Jackfruit Tacos with crema

Nutrition Facts	
6 servings per container	
Serving size 2 tortillas with 1/4 cup filling & 1 Tbsp crema each (196g)	
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 840mg	37%
Total Carbohydrate 35g	13%
Dietary Fiber 9g	32%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0.4mcg	2%
Calcium 100mg	8%
Iron 3.3mg	20%
Potassium 560mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

CONTAINS: ANCHOVIES

	Simplified Diet Protein
Serving	1.4g
Recipe	8.3g

Jackfruit Tacos only (no crema)

Nutrition Facts	
6 servings per container	
Serving size 2 tortillas with 1/4 cup filling each (196g)	
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 800mg	35%
Total Carbohydrate 33g	12%
Dietary Fiber 8g	29%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 3.2mg	20%
Potassium 470mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

CONTAINS: ANCHOVIES

	Simplified Diet Protein
Serving	1.16g
Recipe	7.1g

Note: There are many cassava tortilla options, availability varies by region and store. You can substitute the Siete tortillas but be sure to note the ingredients and protein content of the alternative tortilla!

