

Jackfruit Kabobs

Author: Amber Gibson



Serves 4—1 Skewer Serving

Protein: 2 g

Calories: 89

Prep time: 35 minutes | Total Time: 41 minutes

Ingredients

- 150 g Canned Whole Jackfruit pieces, well rinsed
- 1/2 tsp Oil, Olive
- 1/2 tsp BBQ Seasoning
- 48 g Onion, Cut into chunks
- 60 g Peppers, Bell, all colors, raw, cut into chunks
- 95 g Mushrooms, white or brown (Crimini), medium, whole
- 90 g Squash, Summer (such as Zucchini), raw, slices
- 2 tsp Oil, Olive
- 1/2 tsp Garlic Powder
- 1 tsp Salt, Table
- 2 fl.oz. Barbecue Sauce

Directions

1. In a container with a lid, place the jackfruit pieces inside and toss with olive oil and bbq seasoning of your choice. Cover and refrigerate to marinate for 30 minutes.
2. Preheat grill to medium high heat. Toss remaining vegetables with olive oil and seasoning. Remove jackfruit from refrigerator. Push vegetables and jackfruit onto a skewer in any order. Place skewers on the preheated grill, cover, and cook for five minutes. Turn skewers over with tongs and baste with the barbecue sauce. Cook for one minute, turn, then baste the other side. Remove from grill and serve immediately.

Notes

If using wood skewers, soak in water for at least 30 minutes prior to grilling to prevent burning.