

BBQ Jackfruit with Corn and Slaw



Summer is approaching and that means time for grilling season! If you're looking for a new recipe to add to your vegan BBQ collection, this is perfect - and it makes a complete family dinner or casual company fare. The kids will love it, too.

BBQ JACKFRUIT

INGREDIENTS

40 oz canned jackfruit in water, drained and rinsed
1 large white onion, thinly sliced
2 cloves garlic, minced
Vegetable broth, approx. ¼ cup or more
BBQ sauce of choice
Coleslaw with Apples, see recipe below

DIRECTIONS

Shred the rinsed and drained jackfruit by pulling the pieces with your hands, discarding any of the harder pieces of the core. Heat about 2 tablespoons of vegetable stock in a non-stick skillet and add sliced onions and garlic until lightly browned. Add as much vegetable stock as needed to avoid sticking. Add the shredded jackfruit to the skillet and cook on medium, stirring until the jackfruit completely loses all its moisture, adding vegetable broth only to avoid sticking. Add your BBQ sauce to the skillet just until jackfruit is coated. Cook just until heated through. Serve on a toasted bun spread with additional BBQ sauce and topped with coleslaw (see recipe below).

MEXICAN STREET CORN

INGREDIENTS

Six ears of grilled corn, Dairy-free buffalo sauce such as Primal Dairy-Free Buffalo Sauce,
Vegan ranch dressing such as Follow Your Heart
Nutritional yeast or Vegan parmesan cheese crumbles, such as Follow Your Heart
Fresh parsley, finely chopped
Fresh chives, finely chopped

DIRECTIONS

Grill the corn to desired doneness. Remove the husks once they're cool enough to handle. Brush the corn with the buffalo sauce. Drizzle on the ranch dressing and sprinkle on the nutritional yeast or parmesan crumbles and chopped fresh herbs.

APPLE SLAW

INGREDIENTS

- 1 Granny Smith green apple - cut into thin sticks
- 2 cups purple cabbage - shredded
- 1 carrot - grated or cut into thin sticks
- 1 scallion - finely chopped
- 1/4 cup Italian parsley - roughly chopped
- 1/2 lemon or lime - juiced

COLESLAW DRESSING

INGREDIENTS

- 1 tbsp apple cider vinegar
- 3/4 tbsp extra virgin olive oil
- 1 tbsp maple syrup
- 1 pinch sea salt (to taste)
- 1 pinch red pepper flakes (or to taste)

INSTRUCTIONS

In a small bowl whisk together the apple cider vinegar, maple syrup and olive oil until emulsified. Season to taste with the sea salt and red pepper flakes and set aside.

Cut your apple into thin sticks and hit it with a squeeze of the lemon to prevent oxidation/browning. Place them in a mixing bowl together with the shredded cabbage, carrot, parsley and scallions.