

## JACKFRUIT JAMBALAYA

---

### NUTRITION FACTS

Serving size: 8 oz jambalaya, 4 oz rice; Amount per serving: Calories 291, Protein 8.3g, Carb. 47g, Fiber 8.4g, Fat 8.1g, Sodium 241mg

### INGREDIENTS

- 2 T Spanish onion, diced
- 3 cloves garlic, diced
- 1 stalk celery, diced
- 1 small green pepper, diced
- 1 small red pepper, diced
- 4 sliced shiitake mushrooms, sliced
- 1 c cauliflower florets, riced
- 1 T Cajun blackening season
- 15 oz can tomato purée
- 1 c low sodium vegetable broth
- 15 oz can cooked lentils
- 1 ½ c canned naked jackfruit

### DIRECTIONS

1. In a pot on medium heat, heat oil and add the onions, garlic, and green and red peppers; sauté until tender.
2. Add the sliced shiitake mushrooms and the riced cauliflower, and cook until the mushrooms are tender.
3. Add Cajun seasoning and sauté for 2 minutes.
4. Add tomato puree, vegetable broth and lentils, and cook for 15 minutes.
5. Add the jackfruit and cook for 2 minutes.
6. Serve over rice.

# JACKFRUIT JAMBALAYA

