

Jumping Jackfruit (or Sweet Potato) BBQ Sliders + Cool Crunchy Colorful Coleslaw + Totally Tropical Fruit Smoothies



jumping jackfruit/sweet potato bbq sliders

drain + rinse + shred + add

Drain **1 15-oz can jackfruit in water or brine** in a colander. Rinse well and shake-dry. Trim off the rind of each piece of jackfruit, then use hands to shred each piece. The seeds are edible and can be chopped into tiny pieces! Or, if not using jackfruit, wash and shred 2 large sweet potatoes. Add shredded jackfruit/sweet potatoes to a mixing bowl.

measure + add + mix

Measure and add to the mixing bowl: **3 T brown sugar, 1 tsp paprika, 1 tsp onion/garlic powder, ¼ tsp ground black pepper, ¼ tsp chili powder, 1 T vinegar, and 1 ½ T soy sauce.** Mix until evenly coated.

saute + add + reduce

Sauté shredded jackfruit or sweet potato in **2 T olive oil**. Add **¼ C water** and let simmer until sauce reduces and is somewhat thick (about 3 minutes)! Serve BBQ jackfruit with Coleslaw on miniature slider buns or stuffed inside corn tortillas! Delicious!

:: recipe continued::

Family Fun Recipes

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cool, crunchy, colorful coleslaw

slice + combine

Slice **5-6 romaine lettuce leaves**, **3-5 purple cabbage leaves**, and **3-4 red radishes** and combine in a mixing bowl.

measure + whisk + pour + mix

Measure **1 T vinegar**, **1 T olive oil**, **2 tsp sugar/honey/agave nectar**, and a **big pinch of salt** and whisk. Then pour this dressing over sliced vegetables and MIX! Let stand for at least 10-15 minutes to let vegetables marinate, then serve on top of sautéed jackfruit or sweet potato.

totally tropical fruit smoothies

squeeze + pinch + blend + pour

Squeeze the juice from **1 lime** and add to a blender. Add a **pinch of ground nutmeg** and **ground ginger**, **1 13.5-oz can full-fat coconut milk**, and **1 frozen ripe banana**. Blend until smooth and thick, then pour into cups and enjoy!

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shopping list!

Jumping Jackfruit/Sweet Potato BBQ Sliders

- 1 14-oz can jackfruit in water or brine OR 2 lg sweet potatoes
- 3 T brown sugar
- 1 tsp paprika
- 1 tsp onion/garlic powder
- ¼ tsp ground black pepper
- ¼ tsp chili powder
- 1 T vinegar
- 1 ½ T soy sauce
- ¼ C water
- 2 T olive oil
- 12 mini slider buns OR corn tortillas

Cool Crunchy Colorful Coleslaw

- 5-6 romaine lettuce leaves
- 3-5 purple cabbage leaves
- 3-4 red radishes
- 1 T vinegar
- 1 T olive oil
- 2 tsp sugar/agave/honey
- Big pinch salt
- Optional: 1 T yogurt or sour cream

Totally Tropical Fruit Smoothies

- 1 large ripe frozen banana
- 1 can full-fat coconut milk
- Pinch ground nutmeg
- Pinch ground ginger
- 1 lime

::continued::



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Let's learn about Jackfruit!

Can you guess where jackfruit grows best? Think about it. It's a huge fruit that needs LOTS of hot sunny weather in order to grow. What places in the world have this climate? Tropical places!

The Jack Tree originated in South Asia - the rainforests of India and Sri Lanka, to be exact.

Jackfruit is considered the LARGEST TREE FRUIT out of any.

Archaeologists discovered findings in India revealing that jackfruit was first cultivated 3000 to 6000 years ago!

Jackfruit has VITAMIN B6 - this vitamin contributes to good mood and stress relief! It also has about 3 times more protein than any other fruit.

The pulp of jackfruit is mostly made of water. Jackfruit is a hydrating fruit!

Let's learn about Sweet Potatoes!

The flesh of sweet potatoes can be white, yellow, orange, or even purple! What color is your sweet potato flesh?!

Sweet potatoes are edible roots, NOT tubers like potatoes.

In fact, sweet potatoes are not related to potatoes. Sweet potatoes belong to the family called Morning Glory.

African American slaves called the sweet potato "nyami" because it reminded them of the starchy, edible tuber from their homeland. "Nyami" is a Senegalese word that was eventually shorted to "yam." Sweet potatoes are often confused with yams, and this is why!

Sweet potatoes are among the most nutritious vegetables of the whole vegetable kingdom. They contain beta-carotene (gives them their orange color), potassium, Vitamin C, and loads of fiber.

A Brief History of Sliders!

The true definition is "miniature hamburger." Sliders date back to the early 1920s when the restaurant White Castle opened the doors of its first location. The term "slider" was actually coined by United States navy sailors due to their extreme greasiness: all it took were one or two bites and the burger would "slide right down the gullet!"

Time for a laugh!

What do you say to an angry sweet potato? **Anything, just butter him up first.**

What do you call a Jackfruit that plays the trumpet? **A Tooty Fruity!**

What do you call a burger on skis? **A slider!**

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