

Jackfruit, Mango and Black Bean Burrito

Makes 4 Servings

Ingredients

- ☐ 1 tablespoon oil
- ☐ 1 (20-ounce) can plain green jackfruit, drained and cut into 1/2-inch pieces
- ☐ 2 limes, juiced or 1 tablespoon lime juice
- ☐ 2 teaspoons chili powder
- ☐ Salt and pepper, to taste
- ☐ 1 (15-ounce) can black beans, drained and rinsed
- ☐ 4 large whole wheat flour tortillas
- ☐ 1 small mango, diced or 2 cups frozen mango chunks, thawed
- ☐ 4 cups fresh spinach, packed

Directions

1. Heat oil in large pan over medium heat. Add jackfruit, lime juice, chili powder, salt and pepper and cook until almost all the liquid is gone, about 5 minutes. Add beans and cook about 2 to 3 minutes.
2. Warm tortillas in the microwave for about 30 seconds. Top each tortilla with jackfruit mix, mango and spinach. Fold in sides of tortillas and roll up tightly. Cut tortillas in half crosswise and serve.

Recipe from: Feeding Pennsylvania and PA Eats

