

Creamy Buffalo Jackfruit Dip

This is a great recipe to serve in a 16-ounce “little dipper” Crock-Pot or fondue pot. If you don’t have a pot to keep it warm during service, just serve small amounts in a dish suitable for dipping and refill it with warm dip as needed.

About the Recipe

53 Calories · 2 g Protein · 3 g Fiber
Appetizers

Ingredients

Makes 12 Servings

- 1 tablespoon olive oil (see below for oil-free option)
- ½ cup (70 g) diced red bell pepper
- ¼ cup (35 g) diced onion
- 1 celery stalk, thinly sliced
- 1 14-ounce can jackfruit, drained, rinsed, and shredded
- 1 15-ounce can low-sodium great northern beans or 1 1/2 cups cooked great northern beans, drained and rinsed
- 1/4 cup (2 fl oz) unsweetened plain oat milk
- 6 tablespoons (3 fl oz) Buffalo-style hot sauce
- Sliced scallions, for garnish **optional*

Directions

1. Heat the oil in a skillet over medium heat. Add the red pepper, onion, celery, and jackfruit and saute for 6 minutes until onions are soft and translucent and jackfruit has seared slightly.
2. Add the beans, milk, and Buffalo sauce to a food processor or blender and blend until smooth and creamy. Transfer the mixture to the skillet and reduce the heat to low. Stir everything together and bring to a light bubble.

3. Serve hot garnished with scallions. Serve with carrot sticks, celery sticks, or corn chips for dipping. OIL-FREE: Omit the oil and saute the vegetables and jackfruit in 1/4 cup water or low-sodium vegetable broth, adding more liquid as needed. The jackfruit will not sear up as it would with oil. After everything has sauteed appropriately, let the liquid cook off and the jackfruit dry up slightly before moving onto the next step.

Nutrition Facts

Per serving:

Calories: 53

Fat: 1 g

Saturated Fat: 1 g

% Calories From Fat: 19%

Cholesterol: 0 mg

Protein: 2 g

Carbohydrate: 22 g

Sugar: 1 g

Fiber: 3 g

Sodium: 166 mg

Calcium: 27 mg

Iron: 2 mg

Vitamin C: 15 mg

Beta-Carotene: 9 mcg

Vitamin E: 1 mg