

Roasted Breadfruit With Cilantro Yogurt Sauce

Ingredients:

- 1 ½ mature breadfruit
- 1 tsp oil
- 1 clove garlic
- ½ jalapeno
- 1 ¼ cup plain unsweetened coconut yogurt
- 1 cup cilantro
- 1 Tbs lime juice
- ½ tsp honey
- ½ tsp black pepper



Nutrition Facts

7 servings per container
Serving size **1 cup**

Amount per serving
Calories **120**

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 25g	9%
Dietary Fiber 5g	18%
Total Sugars 10g	
Includes 0g Added Sugars	0%

Protein 1g	
Vitamin D 0.7mcg	4%
Calcium 120mg	10%
Iron 0.6mg	4%
Potassium 420mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Directions:

1. Preheat oven to 425 F.
2. Use a knife to cut around the stem of the breadfruit about 1 inch deep and discard.
3. Cut an X along the base of the fruit to allow gas to escape while cooking.
4. Rub the oil on the breadfruit skin, wrap in foil, and place in oven and bake for 2 hours.
5. Remove from oven and begin on sauce while it cools.
6. In a food processor finely chop the garlic and jalapeno.
7. Add the cilantro and blend again.
8. Add the yogurt, lime juice, honey and pepper. Process until smooth, stopping to scrape the sides as needed. If needed thin the sauce with a splash of water.
9. Cut the breadfruit in half, cut out the core and cut into slices and serve alongside the sauce.

For more information contact The Living Whole
 Employee Wellness Program at (909) 651-4007 or email livingwhole@llu.edu.