

Jackfruit and Broccoli Bake

Makes 8 Servings

Ingredients

- 1 tablespoon oil
- 1 (24-ounce) jar alfredo sauce
- 1 (20-ounce) can plain green jackfruit, drained
- 1 (15-ounce) bag frozen broccoli pieces, thawed
- 1/2 cup grated parmesan cheese, for topping

Directions

1. Preheat oven to 350 degrees. Grease a large baking dish with oil. In large bowl, mix alfredo sauce, jackfruit and broccoli. Spread mix evenly into greased baking dish and top with parmesan.
2. Cover with foil and bake until broccoli is tender (soft) and sauce is bubbling, about 35 to 40 minutes. Uncover and bake until cheese is melted and golden-brown, about 10 minutes longer.



Recipe from: Feeding Pennsylvania and PA Eats