

Plantains

Key Points

- For the best buy, choose plump green or black plantains that are not shriveled. Ripe plantains will be soft and dark brown or black in color.
- To prepare plantains, slice off both ends. Cut slits through the skin and peel.
- To keep them fresh, store plantains at room temperature for 4-5 days.

Mashed Plantains

Ingredients:

3 green plantains, peeled and cut into chunks
Salt and pepper, to taste
1 teaspoon vegetable oil
1 onion, chopped
1 tablespoon cider vinegar

Directions:

1. In a large pot, add plantains and cover with water. Bring water to a boil over high heat and continue to boil for 10-15 minutes or until tender (plantain color will change).
2. Drain and mash with fork immediately. Add salt and pepper to taste. Set aside.
3. In a small pan, heat oil over medium heat and cook onion for 3 minutes or until soft. Add vinegar and remove from heat.
4. Pour onion mixture on top of mashed plantains.
5. Serve and enjoy!
6. Refrigerate leftovers.

Makes 6 servings.

Plantain Soup

Ingredients:

1 teaspoon vegetable oil
2 garlic cloves, minced
4 tablespoons finely chopped cilantro
4 cups low sodium chicken broth
3 green plantains, peeled and shredded
Salt and pepper, to taste
6 teaspoons grated Parmesan cheese

Directions:

1. In a large pot heat oil. Add garlic and 2 tablespoons of the cilantro and cook over medium heat for 2 minutes or until soft.
2. Add chicken broth and 1 cup of water and bring to boil over high heat.
3. Stir in plantains and reduce heat to a simmer for 25-30 minutes until soft.
4. Add remaining 2 tablespoons of cilantro. Mix.
5. Add salt and pepper to taste.
6. Top each bowl with 1 teaspoon Parmesan cheese.
7. Serve and enjoy!
8. Refrigerate leftovers.

Makes 6 servings.



Quick Tips

- Cut lengthwise and cook plantains with oil until golden brown.
- Roast plantains in a hot oven with spices.
- Season with chili powder, garlic, orange, lime or salsa .
- Remember to rinse all fruits and vegetables before using.



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