

Oven baked plantains

Yields 6 servings

Ingredients:

3 ripe plantains
3 tablespoons olive oil
1 teaspoon salt



Instructions:

Preheat oven to 425F. Line large baking sheet with parchment paper.
Cut the ends off plantains. Remove peel and discard.
Cut plantains into angled slices about 1/4" thick. Toss in a bowl and coat with olive oil.
Arrange onto baking sheet and top with salt.
Bake plantains for 10 minutes. Flip and bake an additional 10 minutes. Serve warm.

Recipe source: www.aspicyperspective.com

Modifications: add additional seasonings—try sweet (cinnamon and nutmeg) or spicy (garlic powder, cumin, and cayenne pepper)

*Nutrition info: 170 calories, 7g fat, 391mg sodium, 29g carb, 2g fiber, 1g protein.
Excellent source of vitamins A and C.*



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