

Plantain



Health Benefits

- Rich in potassium which helps to maintain a healthy blood pressure.

Storage

7 to 10 days at room temperature or in the refrigerator if very ripe. They can be frozen once ripened and peeled.

Preparation

Remove and discard the skin, cook the inside. Plantain is never eaten raw.



Fried Plantain

Ingredients:

- 2 large plantains
- 2 tbsp oil
- Salt to taste



Directions:

1. Peel and Cut the peeled plantains into 1/4-inch-thick diagonal slices.
2. Drizzle oil into a pan and place it on medium heat.
3. Once the oil is hot, add plantains. Sauté each side for 1 minute.
4. Remove plantains from the pan and place on paper towels.
5. Sprinkle plantains with salt (optional).
6. Serve.

*Recipe inspired by thespruceeats.com