

What's Fresh:

Plantains



They're naturally good!

- ◆ Contain more Vitamin C, Vitamin A & potassium than yellow bananas!
- ◆ Great source of fiber!
- ◆ 1 cup cooked=1 serving fruit

Storage Tips:

Store at room temperature until ripe, but if they are already ripe use right away.

Preparation Tips:

Wash them with the peel still intact. Use a paring knife to cut off both the bottom and top stems. Slice into the skin lengthwise at the ridges, not too deeply. Remove strips of skin using the knife, similar to peeling a carrot. Slice off any remaining peel. Dice, chop or use the plantain whole-according to the recipe.

What are plantains?

- ◆ A close relative of the banana, but they are larger, starchier and contain less sugar than bananas
- ◆ Plantains are typically cooked before eaten, otherwise they taste bitter
- ◆ They come in green, yellow and black varieties depending on how ripe they are and are eaten differently
- ◆ Plantains grow well in moisture-rich, tropical climates
- ◆ They do not have a growing season, so are available year round; a very dependable food for developing countries
- ◆ They are NOT a common cooking staple in the US but can be found in most large grocery stores
- ◆ A nutrient filled fruit that provides many vitamins & minerals and also an excellent replacement for rice or potatoes in your favorite stews, soups or casseroles

How to eat plantains

Remember plantains come in three colors: Green, Yellow & Black

- ◆ You do not want to eat plantains raw like yellow bananas
- ◆ Green plantains are starchy and taste like potatoes. Best used for making plantain chips, or in place of potatoes in curries and stews. To make plantain chips preheat the oven to 350F, take 2 lbs of plantains, thinly sliced on a diagonal and toss with 1/4 cup oil and arrange in a single layer on two baking sheets. Season with salt & pepper and bake until golden and crisp about 30-35 minutes, rotating sheets and flipping plantains halfway through. Drain plantains on paper towels. Serve with salsa or eat them by the handful! A great alternative to potato chips!
- ◆ Yellow plantains are a little sweeter and less starchy than the green ones and are best boiled, fried, baked or grilled. For grilling try slicing the plantain in half lengthwise and grill each side for 15 minutes. Serve under a bed of fish or chicken.
- ◆ To fry plantains take 4-5 tablespoons of cooking oil, slice the plantains into 1 inch thick discs and fry each side for about 4 minutes or until golden brown and season with salt or cinnamon! Makes an excellent side dish for tacos or eggs at breakfast.
- ◆ Unlike bananas the black plantains are not rotten, but the sweetest variety and can be baked and eaten like dessert. **Check out the caramelized plantain recipe on the back!**



See more recipes on the back





RECIPES

Caramelized Plantains

Ingredients:

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| 1 tablespoon unsalted butter | 1/3 cup 100% apple juice |
| 1 tablespoon sugar | 1 1/2 teaspoons ground cinnamon |
| 2 plantains (black), cut into 1/3 inch slices | |

Directions:

1. In a skillet, melt butter over medium high heat. Add the sugar and cook, stirring until the syrup is a light caramel color, about 2 minutes.
2. Add the plantains, tossing to coat and cook until tender, about 3 minutes. Add the apple juice and boil 1 minute or until the sauce has thickened slightly.
3. Stir in cinnamon and remove from the heat.
4. Divide the plantains among 4 plates and spoon the juices over.

Chicken and Plantain Stew

Ingredients:

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| 1 lb boneless, skinless chicken breast, cut into cubes | 1 1/2 cup chicken broth |
| 1 medium onion, diced | 1 tsp paprika |
| 1 large tomato, diced or 1 (15oz) can diced tomatoes | 1 tsp ground cumin or chili powder |
| 2 medium garlic cloves, minced or 1 tsp garlic powder | 1 tsp oregano |
| 1 teaspoon oil | Salt & pepper to taste |
| 2 firm (green or yellow) plantains, sliced into 1 inch discs | |

Directions:

1. Heat oil in large saucepan over medium high heat, evenly distributing the oil.
2. Add the chicken, onion and garlic. Cook for about 7 minutes stirring often so the onion softens and the chicken starts to brown.
3. Stir in tomatoes (if using can, use the juices), chicken broth and spices. Increase the heat to high and bring to a boil, then reduce heat to medium low and cover, cooking for about 10 minutes.
4. Add the plantain slices, cover and cook for 10 minutes longer or until plantains are tender.
5. Season with salt and pepper.

3-Ingredient Cinnamon Plantain Pancakes

Ingredients:

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| 1 cup plantain, mashed (in a blender or with a fork) | 1/2 teaspoon cinnamon |
| 4 eggs | |

Directions:

1. Beat eggs in a separate bowl and add to the plantain mash. Add cinnamon and thoroughly combine.
2. Heat oil or butter in a large pan; once the oil is heated pour about 1/4 cup of batter into the hot pan
3. Wait until bubbles start to form and then flip the pancakes over. Fry in batches about 2-3 minutes per side. Top with more fruit for a healthy breakfast!