

# EASY FRIED SWEET PLANTAINS

PREP TIME: 5 MIN  
TOTAL TIME: 10 MIN

SERVINGS: 1-2



## INGREDIENTS

- 1 ripe plantain (yellow with brown or black splotches)
- 1-2 Tbsp oil (olive, vegetable, canola, coconut)
- Salt, to taste
- Ground cinnamon, optional

## DIRECTIONS

1. Using a sharp knife, cut both ends off the plantain. Slit a shallow line down the long seam of the plantain and remove the skin.
2. Cut plantains in diagonal, medium sized pieces.
3. Heat oil in a large skillet over medium-high (~1 minute).
4. Carefully add plantains to pan in single layer and cook, turning every 2-3 minutes, until soft and deep golden brown in color.
5. Carefully remove plantains and transfer to a plate.
6. Season with salt and/or cinnamon, if desired. Serve immediately.