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.

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