

Fried Plantains

SERVES 2 / PREP TIME: 5 MINUTES / COOK TIME: 15 MINUTES

2 green plantains
4 tablespoons coconut oil
Sea salt

Cooking Tip: The term "green plantain" doesn't refer to the color—it indicates the variety of plantain. Be sure to choose ripe plantains. They should be a dull yellow color with patches of black.

IN MENU FOR WEEK:

1

PER SERVING:
CALORIES 453
TOTAL FAT 28G
SODIUM 124MG
CARBS 57G
SUGARS 27G
PROTEIN 2G

Fried to perfection and lightly sprinkled with sea salt, this recipe is sure to become a family favorite. Serve alone or with a side of Guacamole (page 132).

1. Peel the plantains and slice into ¼-inch discs.
2. In a skillet over medium heat, heat the coconut oil.
3. Once the skillet is hot, add the sliced plantains in one layer.
4. Fry for 1 to 2 minutes per side. Using tongs or a fork, remove the fried plantains to a paper towel-lined plate to drain excess oil.
5. Sprinkle with salt and serve.