

# Oven Fried Plantains

Impress your friends with this sweet Caribbean dish.

Makes: 8 servings  
 Prep Time: 5 minutes  
 Cook Time: 45 minutes

Source: USDA Soulful Recipes

## Ingredients

- 4 very ripe medium plantains
- 1/8 teaspoon ground nutmeg
- 4 tablespoons brown sugar

## Directions

1. Place an oven rack in the middle of the oven. Preheat oven to 425 degrees F.
2. Spray baking sheet well with nonstick cooking spray.
3. Peel and slice each plantain into 16 thin diagonal slices.
4. Sprinkle plantains with nutmeg and brown sugar
5. Bake until crisp, about 45 minutes. Serve while warm.

## Utensils Needed

- Baking sheet
- Cutting board
- Sharp knife
- Measuring spoons



Small Changes,  
 BIG Difference!



### Nutrition Information

Serving Size: 8 slices	
Nutrients	Amount
Calories:	158
Total Fat:	0g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	8mg
Total Carbohydrates:	42g
Dietary Fiber:	3g
Total Sugars:	18g
Added Sugars:	6.8g
Protein	1g

# SHOPPING LIST

Average total cost without oil and seasonings: \$1.60

Average cost/serving: \$0.20

Makes: 8 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 4 to Cart  
Plantain (medium)

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chefs Notes

- Plantains may look like bananas, but should be eaten differently. As a starchy cousin to the banana, they do best being cooked before eating.
- To prepare a plantain for cooking, score the skin along the seams of the plantain trying not to cut into the plantain itself. Then pry the skin up in sections.