

Mofonguitos

This bite sized plantain dish is simple to make and full of tasty toppings. It is often served as an appetizer.

Makes: 5 servings

Source: <https://web.uri.edu/community-nutrition/mofonguito/>

Ingredients

Chicken filling:

- 1 (10 ounce) can chicken, drained or 1 cup cooked diced chicken
- 1/3 cup chopped onion
- 1 tablespoon olive oil
- 1/2 teaspoon cumin
- 1/2 teaspoon garlic
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt

Plantain cups:

- 2 large green plantains
- 2 tablespoons olive oil
- 1/4 teaspoon salt

Directions

1. In a skillet, heat olive oil over medium heat. Add shredded chicken and onions. Cook for about 1-2 minutes.
2. Add spices to the mixture and cook, stirring often, for about 5 minutes. Set aside for later.
3. Wash and scrub plantain. Cut off each end and make 3 vertical cuts along the side of the plantain. Using your thumb, peel the skin away from the flesh of the plantain and cut into 1-inch chunks.
4. Heat the olive oil over medium heat in a skillet for about 1 minute. Add the plantain chunks and sprinkle the salt on top.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 2 plantain cups

Nutrients	Amount
Calories:	240
Total Fat:	11 g
Saturated Fat:	2 g
Cholesterol:	240 mg
Sodium:	380 mg
Total Carbohydrates:	24 g
Dietary Fiber:	2 g
Total Sugars:	11 g
Added Sugars:	0 g
Protein	14 g

Utensils Needed

- Knife
- Cutting Board
- Measuring Cups
- Measuring Spoons
- Baking Dish
- Skillet

DIRECTIONS CONTINUED

5. Cook on all sides of the chunks (about 5-6 minutes on each side). Using tongs, be sure to turn the plantain pieces on their sides so the insides cook throughout, and they turn a golden color.

6. Turn the heat down to low and remove the plantain chunks from the pan. Take 2 plantain chunks at a time and shape them into a cup using either your hands, a small pestle and mortar, or a lemon squeezer.

7. Fill the plantain cups with the chicken mixture and top them with our SNAP-Ed recipe, Honey Cilantro Yogurt Dip.

SHOPPING LIST

Average total cost without oil and seasonings: \$8.54

Average cost/serving: \$1.71

Recipe Makes: 5 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 1 to Cart
Chicken, (10 oz can)



Add 1 to Cart
Yellow Onion (small)



Add 2 to Cart
Green Plantains, Large

Chef's Tips

- **Mix up your fillings!** Using shredded chicken is great but you could also try using beef, ground turkey, a vegetable mix, or even seafood.

Similar Recipes

- **Save money by reusing some of these Ingredients** In other recipes found on snapedny.org, such as:
 - **Oven Fried Plantains**
 - **Coconut Cassava Mash**