Mofonguitos

This bite sized plaintain 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
- ½ teaspoon cumin
- 1/2 teaspoon garlic
- ¼ teaspoon black pepper
- 1/4 teaspoon salt

Plantain cups:

- 2 large green plantains
- 2 tablespoons olive oil
- ¼ teaspoon salt

Directions

- 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 1inch 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:	<u>11 g</u>
Saturated Fat:	<u>2 g</u>
Cholesterol:	240 mg
Sodium:	380 mg
Total Carbohydrates:	<u>24 g</u>
Dietary Fiber:	<u>2 g</u>
Total Sugars:	<u>11 g</u>
Added Sugars:	<u>0 g</u>
Protein	<u>14 g</u>

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.

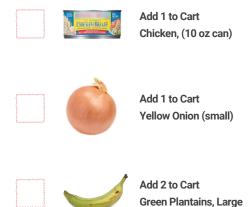
SHOPPING LIST

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





SAVE TIME, SAVE MONEY

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



