

# Green (Unripe) Plantains

Green plantains are a rich source of fiber, vitamins A, C, & B-6, and the minerals magnesium & potassium. They are a staple ingredient in many cuisines including Latin American, Caribbean, African, & Indian.

## Popular Ingredient:

Side dish, soups, or in place of potatoes

## What do they taste like?

Unripe plantains look like bananas but have a thicker, green skin. Green plantains have a starchy bland flavor, like a potato or yuca (cassava) root.

## How do I store them?

Green Plantains can be stored at room temperature. They can be used immediately or within 2-3 days (before they start to ripen). You can also store them in the fridge to keep them from ripening.



## How do I prepare them?

1. Use a small, sharp knife to cut the ends off the plantain.
2. Use the knife to cut a slit along the seams of the plantain from tip to tip, a total of 4 times.
3. Using the tip of the knife, carefully lift the skin at the slit and start peeling with your hands. Slice as needed depending on your recipe.
4. Tip: As you slice the plantains, put them in water with a little bit of salt to prevent them from turning grey or brown.



## How do I cook them?

Plantains can be eaten in a variety of ways. You can **pan fry** them, **boil** and **mash** them or **roast** them in the oven.

**To boil:** Place plantains rounds or chunks into a large pot and cover with water. Bring water to a boil over high heat and continue to boil for 10-15 minutes or until tender (plantain color will change). Remove from heat and drain. Season and serve as desired.

For recipes and tips to save time, save money, and eat healthy, visit:  
[www.SNAPEdNY.org](http://www.SNAPEdNY.org)

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*This guide has been adapted from the University of Rhode Island SNAP-Ed Program.*

## Recipes using Green Plantains from SNAP-Ed NY:

