**BAKED PLANTAINS**

**INGREDIENTS**

- 3 TBS of any oil
- 3 large ripe plantains
- Kosher salt

**INSTRUCTIONS**

**Step 1** - Preheat the oven to 425 degrees F. Line a large baking sheet with parchment paper.

**Step 2** - Cut the ends off each plantain and score the peels from end to end, making sure not to cut through the plantains. Pull the peels off and discard.

**Step 3** - Slice the plantains on an angle to make longer pieces, 1/4- to 1/3-inch thick.

**Step 4** - Pile the plantain slices on the baking sheet and drizzle with oil. Toss to coat all the plantain strips on both sides. Lay them out in a single layer. Then sprinkle generously with salt.

**Step 5** - Bake the plantains for 10 minutes. Then flip and bake another 10 minutes. Serve warm or at room temperature.

**Yield**: 8 servings

- Calories (kcal) 171
- Fat (g) 7
- Saturated Fat (g) 1
- Carbohydrates (g) 28
- Dietary Fiber (g) 2
- Total Sugars (g) 13
- Protein (g) 1
- Sodium (mg) 391

**RECIPE COURTESY OF A SPICY PERSPECTIVE**

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INSTRUCTIONS

When bananas go from lightly mottled to brown all over, it’s time to either throw them away or make a loaf of banana bread. Not so with plantains, their starchy counterpart: When they go all dark, it’s a sign that they’ve achieved peak ripeness, exactly what you’re looking for when you want to make a batch of chef Sarah Kirnon’s irresistibly Perfect Baked Plantains.

While they do have plenty of uses in their unripe green state—think so-crunchy-they’re-loud plantain chips—only the deeply colored fruit will yield the ideal crispy on the outside, creamy on the inside result we’re after for this particular dish. It can sometimes be hard to find plantains that are fully brown at your average grocery store, so buy a bunch a few days before you want to cook and store them in a paper bag, which will help them to ripen faster.

A perfectly ripened plantain is shown below.

INFORMATION COURTESY OF BON APPETIT

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