

## MMM-MANGU (MASHED PLANTAINS)

Original recipe by Christina Medina (New York)

Makes 3 servings (1 cup)

### Ingredients:

- ◆ 6 cups water
- ◆ 2 green plantains
- ◆ 1 Tbsp. butter or margarine
- ◆ ¼ tsp. salt
- ◆ 1 small or ½ large red onion, thinly sliced
- ◆ 2 Tbsp. olive or peanut oil
- ◆ 1 tsp. cider vinegar
- ◆ ⅛ tsp. salt, or to taste

### How to make:

Adults: Heat the water on stovetop. Cut off ends of each plantain. Cut a slit lengthwise through inner curve of skin. Cut across into ½-inch rounds and, beginning at slit, peel off the skin. Bring water to a boil and carefully add chopped plantains. Continue to cook for 20 minutes, or until plantains are cooked through. Drain. Add cooked plantains to large bowl.

Kids: With potato masher or large fork, mash plantains with butter and salt.

Adults: Meanwhile, fry sliced onions over medium heat in oil for 12 minutes, or until caramelized. Sprinkle with vinegar and salt to taste.

Kids: Serve mashed plantains topped with caramelized onions.

The caramelized onions and vinegar give these plantains a sweet and sour kick.  
This recipe easily doubles for large gatherings.

### HEALTHY RECIPE MAKEOVER HOW-TO:



The butter and oil are slashed, cutting half the fat calories. This lets the natural flavor of the plantain be the highlight.

### Did you know?

**Plantains are also known as cooking bananas. You can use them in meals just like mashed potatoes.**

### Nutrition Info per serving:

270 Calories, 41 g Carbohydrates, 2 g Protein, 13 g Total fat, 4 g Saturated fat, 10 mg Cholesterol, 3 g Dietary Fiber, 350 mg Sodium, 30% Vitamin A, 40% Vitamin C, 2% Calcium, 4% Iron