

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