



## Fried Plantains



2-4 servings



15- 20 minutes

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### INGREDIENTS

- 2 ripe plantains  
(yellow or slightly blackened)
- 2 tablespoons coconut oil  
(vegetable oil or butter)
- Pinch of salt (optional)

### DIRECTIONS

1. Choose plantains that are really ripe – yellow with black spots – yes, really! (If these were bananas, they'd be ready to throw away.)
2. Peel the ripe plantains by cutting off both ends and making a shallow slit along the length of the plantain. Carefully peel away the skin.
3. Slice them from tip to tip, into long skinny slices about ½" thick each.
4. Heat coconut oil in a frying pan over medium heat.
5. Cook the plantains for about 2-3 minutes on each side, or until they are golden brown and caramelized.
6. Using a spatula, carefully flip the plantain slices to ensure even cooking.  
NOTE: They can burn or overcook if you don't pay attention.
7. Once cooked, transfer the fried plantains to a plate lined with paper towels to absorb any excess oil.
8. Sprinkle with a pinch of salt if desired while still hot.
9. Serve them as a side dish for virtually any meal (or eat as a snack!)

#### NOTE:

Plantains are NOT bananas. Please be sure to use plantains when making this recipe.