

GREEN (UNRIPE) PLANTAINS



HOW DO THEY TASTE?

Green plantains have a starchy bland flavor, similar to a potato or yuca (cassava) root.

HOW DO I PICK THEM?

When shopping for green plantains, make sure they have a nice green color and are free from blemishes. Feel them to make sure they are firm to the touch.

HOW DO I STORE THEM?

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 of 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.
4. Slice as needed depending on your recipe.



Plantains can be eaten in a variety of ways. You can **fry** them, **boil** and **mash** them, you can even use them in soups instead of potatoes. You can also **pan fry** or **roast** them.



TOSTONES

Ingredients

- 1 medium green plantain
- 2 tablespoons olive oil
- ¼ teaspoon salt

Directions

1. Peel the plantain and cut into 1-inch chunks.
2. Heat olive oil in a skillet over medium heat.
3. Put the plantain chunks in hot oil. Cook on all sides until they turn a golden color. Using tongs, be sure to flip the plantain pieces on their sides, so the insides cook evenly.
4. Turn the heat down to low and remove the plantain chunks from the pan. Flatten them into coins while they are still hot by using a tostonera or by placing a plate or cup over the cooked plantains and pressing down.
5. After all the plantains have been pressed into coins, add them back into the pan and cook for 3 minutes on each side or until they are crispy.
6. Serve immediately.

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KITCHEN TIP!

As you slice the plantains, put them in water with a little bit of salt to prevent them from turning grey or brown.