

# YELLOW (RIPE) PLANTAINS



## HOW DO THEY TASTE?

Yellow plantains have a starchy and sweet taste. The more it ripens, the sweeter it gets and the less starchy it tastes.

## HOW DO I PICK THEM?

When choosing a ripened plantain, look for a bright yellow peel with slight to moderate black spots. The more black spots, the sweeter it will be.

## HOW DO I STORE THEM?

The best way to store yellow plantains is to refrigerate them to stop them from ripening further. The skin will turn black but the inside will be fine. They will last up to a week in the refrigerator. If you plan to use them within a day or two, you can keep them at room temperature.

## 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 in the skin from tip to tip.
3. Using the tip of the knife, carefully lift the skin at the slit and start peeling with your hands.
4. Cut as needed, depending on your recipe.

Yellow plantains are very versatile. They can be **fried, sauteed, baked, roasted**, and even **mashed**. They make the perfect side dish.



## Roasted Sweet Plantains

### Ingredients

2 ripe plantains  
1 tablespoon canola  
or vegetable oil  
Salt, to taste

### Directions

1. Remove skin, then cut plantains lengthwise into 3-inch pieces.
2. Lightly toss slices of plantain with oil and a little bit of salt. Place in a roasting pan and cover with aluminum foil.
3. Bake at 320°F for 20 minutes or until soft.
4. Remove the foil. The plantains will be slightly puffy and very soft. Turn the oven up to 420°F degrees and roast the plantains for 15 minutes or until they look nicely browned.

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## KITCHEN TIP!

Leaving a green plantain at room temperature will ripen it into a sweet yellow plantain. Very ripe yellow plantains can also be used to make a variety of tasty desserts.