

Plantain Chips

<u>U.S.</u>		<u>Metric</u>
3 each	Plantains, green/under-ripe	3 each
1 Tbsp	Olive Oil	15 mL
1 tsp	Seasoning Blend of choice, no salt added	4.7 g
1/2 tsp	Salt	1.5 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C).
3. With a small knife, such as a paring knife, make 3-4 cuts down the length of the plantain, just deep enough to go through the peel. Remove the peel.
4. Slice the plantains as thinly as possible - if they are cut too thick they will not get crispy. Use a mandolin if available. Place slices into a bowl and toss with olive oil, seasoning of choice, and salt.
5. Place plantain slices in a bowl and toss gently with olive oil, seasoning of choice, and salt.
6. Line a baking sheet with parchment paper. Place plantain chips in an even layer on the tray, using a second tray if necessary.
7. Bake for 18-25 minutes, or until crispy and slightly golden brown, being careful not to burn. Rotate pans at the halfway point to ensure even baking.

Nutrition Facts

6 Servings

Serving size **1/2 cup**

Amount per serving

Calories **130**

Total Fat 2.5 g

 Saturated Fat 0.5 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 160 mg

Total Carbohydrate 29 g

 Dietary Fiber 2 g

 Total Sugars 13 g

 Includes 0g Added Sugars

Protein 1 g

Vitamin D 0 %

Calcium 0 %

Iron 3 %

Potassium 400 mg

Phosphorus 30 mg
