



Puerto Rican Tostones (Fried Plantains)



Crispy fried plantains. A plantain is a very firm banana. Serve as side dish with your meal or as appetizers.

Prep: 10 mins

Cook: 10 mins

Total: 20 mins

Servings: 2

Yield: 2 servings



Ingredients

5 tablespoons oil for frying

1 green plantain

3 cups cold water

salt to taste

Directions

Step 1

Peel the plantain and cut it into 1-inch chunks.

Step 2

Heat the oil in a large skillet. Place the plantains in the oil and fry on both sides,; approximately 3 1/2 minutes per side.

Step 3

Remove the plantains from the pan and flatten the plantains by placing a plate over the fried plantains and pressing down.

Step 4

Dip the plantains in water, then return them to the hot oil and fry 1 minute on each side. Salt to taste and serve immediately.

Nutrition Facts

Per Serving:

136 calories; protein 1.2g 2% DV; carbohydrates 28.5g 9% DV; fat 3.3g 5% DV; sodium 14.2mg 1% DV.

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