



Fried Plantains Recipe

Ingredients:

2 tbsp avocado oil or coconut oil

1 plantain

Sea Salt to Taste

Rene's Specialty:

Side of sour cream

Hot Chocolate



***Parents will need to be present to prepare.**

INSTRUCTIONS

1. Heat a medium pan over medium-high heat. Add oil.
2. Peel the plantain and cut it into small slices, about $\frac{1}{4}$ inch thick.
3. Once oil is hot, add in the plantain slices. Sprinkle with salt.
4. Cook for 3 minutes and then flip the plantain slices over. Sprinkle with more salt.
5. Cook another 3 minutes and remove from pan. Place on paper towel lined plate to remove any excess oil. Enjoy!