



Mangu (Mashed Plantains)

Yield: 4 servings

Ingredients

- 4 unripe (green) plantains
- 1 teaspoon salt
- ¼ cup olive oil
- ½ cup cold water



Directions

1. Bring a large pot of water to a boil.
2. Use a knife to peel the plantains (by cutting off the ends and running the knife through the skin lengthwise). Then, slice each plantain into eight uniform pieces. Let the plantains boil until fork tender, about 20-25 minutes.
3. Drain and add the plantains to a medium bowl. Add the salt to the plantains and mash until smooth. Add the olive oil and all of the cold water and mash again to incorporate the liquid. If the mixture is too thick, add more cold water ¼ cup at a time until it becomes a smooth purée.
4. Serve with sautéed onions or a protein of choice.

Nutrition Information

Calories: 338, fat: 14g, sodium: 589mg, carbohydrate: 57g, fiber: 4g, protein: 2g