

# Dominican Mangu

**Lorenza Veras**  
**Dominican Republic**  
**Serves: 4-5 people**  
**Yield: Approximately 6 cups**  
**Time: 1:00 hour**

## Ingredients

2 eggs  
5 green plantains, peeled and cut into big rounds  
1 yellow onion, thinly sliced  
1 green bell pepper, seeded and thinly sliced  
1 red bell pepper, seeded and thinly sliced  
1 ½ tablespoons of olive oil, divided  
Sea salt to taste

## Directions

- ✦ **Hardboiled Eggs:** Place the eggs in a small pot filled with water at least two inches above the eggs. Bring the water to a boil. Boil for one minute and turn off heat. Remove the pot from the heat and allow to sit for 15 minutes with a lid.
- ✦ Boil the plantains in a medium pot for about 20 minutes or until they are soft.
- ✦ While the plantains are cooking, sauté onions and peppers in ½ table-spoon of olive oil and a pinch of sea salt for about 5 minutes or until soft.
- ✦ Mash the plantains in a large bowl and add the remaining olive oil. Continue to mash until well blended.
- ✦ Peel the boiled eggs then slice into quarters.
- ✦ Serve the mashed plantains and the egg wedges with the onions and peppers around the plate.

## Did You Know?

Eggs are a good source of low-cost high quality protein. One egg a day can be part of a heart-healthy diet and it provides essential nutrients that protect the muscles, eyes and brain.

Pasture raised organic eggs purchased at a local Farmer's Market contain more nutrients, less pesticides and come without added hormones or antibiotics.

