

Honduran Plantains

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Honduras

Serves: 4-5 people

Yield: 5 cups

Time: 30 minutes

Ingredients

2 yellow sweet plantains, peeled and sliced
into thick rounds

2 green unripe plantains, peeled and sliced
into thick rounds

Salt to taste

Directions

- ✦ In pots of lightly salted water, boil the yellow sweet plantains and the unripe green plantains separately, until soft and tender.
- ✦ Drain separately and pound the plantains or mash with a fork until smooth.

Did You Know?

Plantains are different than bananas in several ways. The plantain has less moisture content and converts starches into sugar more slowly. So, rather than being ripe when they turn yellow like the banana, plantains are ready to eat when the skin gets black. Even when ripe, the plantain remains firm when cooked.

