

## **Fried Plantains**

Although in the same plant family as bananas, plantains are more of a vegetable and should be cooked to avoid gastric problems. Don't think Bananas Foster; think sweet potato fries.

Slice peeled plantains in diagonal slices about 1/4 inch thick.

Heat a small amount of vegetable oil in a large skillet (med. heat). Add sliced plantains in a single layer & fry until lightly browned, then turn & brown the other side. Continue in batches with the rest of the slices. Drain on paper towels and serve hot.

Some people add raisins or chopped fresh tomatoes & avocados when serving.