

Betty Crocker

Recipe by BettyCrocker



Baked Plantains

Here's one way to add this Latin American specialty to your side dish repertoire. It's similar to how Americans north of the border would prepare a baked potato. Another popular way of serving it is sliced and fried until golden brown.

Prep Time:
10 min

Total Time:
45

Servings:
8 servings

Ingredients

4 ripe plantains

Vegetable oil

Butter or margarine, melted

Salt

Directions

- 1 Heat oven to 350°F. Cut tip off each end of plantains. Cut lengthwise slit through peel on one side of each plantain. Rub plantains with oil. Arrange plantains, cut sides up, in ungreased rectangular baking dish, 13x9x2 inches.
- 2 Bake uncovered about 35 minutes or until tender when pierced with fork. Make 1 or 2 lengthwise cuts through peel; remove peel. Serve plantains with butter and salt.

Tips & Techniques

Did You Know...

The plantain, a less-sweet cousin of the banana, has a squash-like flavor and is the potato of Latin cuisines.

Purchasing

Unlike bananas that are eaten when ripe, plantains are used while still "green." Look for firm plantains when shopping. The skin can be greenish to yellowish or a brownish black.