

Sweet Plantains

by Emily Mora

Art by Aimee Hagerty Johnson

PLANTAINS ARE VERY popular in West African and Caribbean countries. They may look a lot like the bananas in your fruit bowl, but don't let them fool you! Plantains are not eaten raw. Instead, these tropical treats are baked, boiled, or fried. As they turn yellow and then black, they become sweeter and make a tasty dessert.

What You'll Need:

- 3 ripe black plantains
- 3 tablespoons granulated sugar
- 3 tablespoons brown sugar
- $\frac{1}{8}$ teaspoon salt
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 4 tablespoons butter

What to Do:

1. Have a grownup help you peel and slice the plantains. To remove the skins, cut off the ends, slit the skin lengthwise, and peel.
2. In a bowl, toss the plantain slices with the sugars, salt, vanilla, and cinnamon until coated.
3. With a grownup's help, melt the butter in a pan over medium heat. Add the plantains. Fry five minutes, until brown and tender.
4. Enjoy the sweet plantains just as they are or serve over vanilla ice cream.

