

PLANTAINS

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

CHARACTERISTICS

- Plantains look like large bananas, but are much starchier and versatile. They are cooked like vegetables and taste similar to potatoes.
- They are an important part of Central and South American, Caribbean, African, and Southeast Asian cuisines.
- Plantains can be eaten at any stage of ripeness. They ripen like bananas.
- 1 medium plantain contains:
 - 25% of your recommended daily value of vitamin B-6 to support your metabolism and immune system
 - 25% of your recommended daily value of potassium to support your kidney, heart, muscles, and nerves



PREPARE

Plantains should be cooked before eating. To peel a green plantain, slice off both ends and cut a slit in the peel from tip to tip. Remove peel under cold running water to avoid staining hands. Peel ripe plantains like a banana.

Try plantains:

- *Sliced* and fried in 2 tablespoons of cooking oil
- *Chopped* and added to your favorite soups and stews
- *Boiled and mashed* with oil and your favorite seasonings for a side

STORE

- Plantains can be stored at room temperature. To ripen green plantains, store out of direct sunlight 7-10 days.
- If plantains have reached their desired ripeness and you aren't ready to use them, peel and freeze them in a freezer safe plastic bag or container for up to 3 months.