

Baked Plantain Chips



**GREATER
CHICAGO**
-FOOD-
DEPOSITORY.

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Serves: 4

Prep: 5 minutes | **Cook:** 15 minutes

INGREDIENTS

- 2 green plantains, peeled and sliced into rounds
- 2 tablespoons cooking oil
- 1 teaspoon black pepper
- 2 teaspoons garlic powder
- 1 teaspoon chili powder
- 1/2 teaspoon salt



DIRECTIONS

1. Preheat oven to 400°F.
2. Wash, peel, and slice plantains.
3. In a medium bowl, toss plantain rounds with oil, spices, and salt. Spread in a single layer on a cooking sheet.
4. Bake for 15-17 minutes; turning slices after about 8 minutes. Watch closely after turning—they can burn quickly!
5. Remove from the oven and serve immediately.

Nutrition Information

Serving size: 1/4 of recipe

Calories	177
Total fat	7 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	301 mg
Carbohydrates	30 g
Fiber	3 g
Sugars	14 g
Protein	2 g

Recipe source:
extension.umass.edu