

did you know?

- Plantains are a major food staple in West and Central Africa, the Caribbean islands, Central America, and northern, coastal parts of South America.
- As a staple, plantains are often cooked in a similar way as potatoes – steamed, fried or baked.
- Since they fruit all year round, plantains are a reliable all-season staple food, particularly in developing countries with inadequate food storage, preservation and transportation technologies.



JOKE

Why did the monkey like the plantain?

Because it had appeal.

Positive Plantain

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 –1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups

BAKED PLANTAINS

INGREDIENTS:

- 3 ripe plantains, peeled
- 3 tablespoons olive oil or melted coconut oil
- 1 teaspoon cinnamon

DIRECTIONS

1. Preheat the oven to 425 degrees F. Line a large baking sheet with parchment paper.
2. Slice the peeled plantains on an angle to make longer pieces, 1/4- to 1/3-inch thick.
3. Pile the plantain slices on the baking sheet and drizzle with oil. Toss to coat all the plantain strips on both sides. Lay them out in a single layer. Then sprinkle generously with cinnamon
4. Bake the plantains for 10 minutes. Then flip and bake another 10 minutes. Serve warm or at room temperature.