



# Oven Fried Plantains

*Impress your friends with this sweet Caribbean dish.*



## INGREDIENTS

- nonstick cooking spray
- 4 very ripe medium plantains
- 1/8 teaspoon ground nutmeg
- 4 tablespoons brown sugar

## PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 425°F.
2. Spray cookie sheet well with nonstick cooking spray.
3. Peel and slice each plantain into 16 thin diagonal slices.
4. Sprinkle plantains with nutmeg and brown sugar.
5. Bake until crisp, about 45 minutes. Serve while warm.

**Makes 8 servings. 8 slices per serving.**  
**Prep time:** 5 minutes **Cook time:** 45 minutes

*Nutrition information per serving:* Calories 158, Carbohydrate 42 g,  
Dietary Fiber 3 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g,  
Trans Fat 0 g, Cholesterol 0 mg, Sodium 8 mg