TOSTONES

INGREDIENTS:

- 3 large green plantains
- 3 tablespoons avocado oil (or other neutral cooking oil)
- ½ teaspoon fine sea salt



DIRECTIONS:

- Preheat the oven to 425°F. Line a large baking sheet with parchment paper.
- To prepare the plantains, slice off both ends and use the tip of a paring knife to cut through the skin of a plantain (without cutting into the flesh) from top to bottom, following the curve of the plantain as you slice. Repeat twice more on the plantain so you have 3 evenly distributed slits. Pry off each section of skin, discard, and repeat with remaining plantains. Slice each plantain into 1-inch-thick rounds.
- **3.** Toss sliced plantains with 2 tablespoons of oil on the baking sheet. Disperse them evenly across the pan with flat sides down. Bake for 15 minutes.
- Remove plantains from oven and place on heat-proof surface. Use the bottom of a jar or other sturdy glass to gently press down on each round to achieve about 1/4-inch thickness.
- 5. Distribute rounds across baking sheet and lightly brush the top of each with remaining 1 tablespoon oil using a pastry brush or finger. Flip them and brush the other sides. Sprinkle with salt.
- Return the pan to the oven and bake for 16–18 minutes, until nicely golden and sizzling. Serve warm with Creamy Mojo Sauce (recipe on page 41 of the Healthier Traditions: Around the World Cookbook), if desired.

40 MINUTES

SERVES 6

Nutrition Facts
251 calories | 16g fat | 2g saturated fat | 388mg sodium | 31g carbohydrate | 2g fiber | 17g sugar | 2g protein