

Recipe

Plantain Chips

Prep time: 5 minutes

Cook time: 25 minutes

Yield: 2 servings



Ingredients:

1 plantain

Salt

Olive Oil

Steps:

1. Preheat oven to 450°.
2. Peel and very thinly slice plantains.
3. Toss in olive oil and salt to taste.
4. Spread in a single layer on baking sheet lined with parchment paper.
5. Cook at 450° for 10 minutes.
6. Reduce heat to 350° and cook at 350° for another 10 minutes.
7. Reduce heat to 250° and cook until crispy and brown on the edges.

Check your plantains frequently after 20 minutes of total cook time! Cooking time may vary significantly based on your oven and the thickness of your chips!