

Plátanos Machos Horneados ~ Baked Plantain Chips



Plantain Chips – Makes 1-2 servings

1 green plantain

1 TBSP avocado or coconut oil* (these are healthy oils that have a high heat point and won't break down at the high oven temperature)

1/8 tsp pink Himalayan salt*

→Preheat oven to 400°F.

→Wash and peel plantain. In order to remove the tough green skin, cut off both ends. Then using a sharp knife, make slits down each ridge of the plantain.

→Use your knife to help you begin to peel back the skin at the top of the plantain. Then, gently remove the entire strip with your fingers. Continue removing the strips until you have peeled the entire plantain.

→Cut the plantain into very thin slices. The slices should be no bigger than the width of your knife. This will help them crisp up in the oven.

→Place the thinly sliced plantains in a bowl and add avocado oil and salt.

→Place a piece of plastic wrap tightly over the bowl and gently toss to completely cover the chips with oil and salt.

→Spread the chips evenly on an ungreased baking sheet. (Don't use parchment either!)* It is necessary to make sure that the chips are not sticking to one another. Otherwise they won't crisp up.

→Bake for 10 minutes and remove from oven. Use a metal spatula to toss them so that they cook evenly. Put back in the oven and bake for 10 more minutes. Remove and toss again. Place in the oven one more time for 5-10 minutes to ensure that they are crisp but not burnt. [Baking times may vary greatly depending on the thickness of your plantains. You will have to check them every 5-10 minutes for crispness.]

→Remove from oven and enjoy. These can be eaten warm or you can store them in a brown paper bag at room temperature to maintain crispness and remove any additional surface oil.

NOTES:

- I like avocado oil a little better in this recipe. You can still taste the coconut oil afterwards. But, if you like that tropical flavor, give the coconut oil a try.
- I buy Himalayan pink salt because it doesn't contain any anti-caking agents. A great place to find this salt is at TJ Maxx.
- I love baking with parchment paper because it makes cleanup so easy. However, do not use parchment for this recipe because the plantain just doesn't crisp up the same way. No worries, though. Cleanup is still very easy without the parchment.

