

Baked Plantain Fries

serves 4

INGREDIENTS

2 large plantains
2 tbsp coconut oil
1/2 tsp garlic powder
1/2 tsp salt
1/2 tsp coriander

INSTRUCTIONS

To begin, preheat the oven to 400°F.

Peel and cut the plantains into the shape of fries and transfer them to a large bowl.

Add the oil, salt, garlic powder, and coriander to the bowl and toss to combine, making sure the plantains are well coated.

Transfer the plantains to a large baking sheet lined with parchment paper and scatter them in a single layer.

Bake the plantains for 20 minutes, turn them over after the first 10 minutes.

Nutrition Facts: ¼ of the recipe

225 kcals, 7 g fat, 43 g carb, 2 g fiber, 1.8 g protein 280 mg sodium

