

Plátano asado

Ingredients:

n plantains

2-3 Tablespoons oil

cinnamon powder (optional)

Preparation:

You can buy plantains at any stage of maturation but must wait until they are so ripe that their skin is black. This is very important.

Plantains that are not ripe enough will not caramelize. Pour and spread oil on a skillet or baking dish that can accommodate the plantains. Skin the n plantains and place them on the dish or skillet. Bake in a 350F oven for an hour, making sure you turn the plantains once or twice. Serve hot with rice and beans or any other main dish. Sprinkle cinnamon on top, if desired. This dish is very sweet and requires no sweetening.

Serves: 3-8

