

Recipe:

- 1** Wash and peel the plantain. Cut the plantain in diagonal slices or cut in half then lengthwise. Smaller sizes are easier to manage.
- 2** Heat vegetable oil in a pan over medium heat.
- 3** Check to see if the oil is sizzling by dropping one slice. If it sizzles, add the rest. Cook for 1-2 minutes, or until golden brown. Flip slices to cook the other side. Be aware, they cook very quickly.
- 4** Remove slices to a plate with a paper towel. Drain any excess oil. Sprinkle with salt and serve warm.

Ingredients:

1-2 ripe plantains **Vegetable oil**
Salt

Prep Time: 5 Minutes
Cook Time: 5 Minutes
Total Time: 10 Minutes
Servings: 6 per plantain

FRIED PLANTAIN



Nutritional Information:

Calories: 64kcal | Carbohydrates: 11g | Protein: 0.4g | Fat: 2g | Saturated Fat: 0.5g | Cholesterol: 0mg | Sodium: 1.6mg | Fiber: 1g | Sugar: 6g

Recipe:

- 1** Combine the jicama, cabbage, carrot, cilantro and chili pepper in a large mixing bowl.

- 2** In another small bowl, combine the olive oil, lime juice, salt, and black pepper until well-mixed. Pour over vegetables and mix until well combined and evenly coated. Serve refrigerated.

Ingredients:

<i>Jicama (shredded)</i>	<i>Green cabbage (shredded)</i>
<i>Carrots (shredded)</i>	<i>½ cup cilantro (chopped)</i>
<i>1 chili pepper</i>	<i>1/3 cup extra virgin olive oil</i>
<i>¼ cup lime juice</i>	<i>Salt and black pepper</i>

Prep Time:	15 Minutes
Cook Time:	15 Minutes
Total Time:	30 Minutes
Servings:	8

JICAMA & CABBAGE SLAW



Nutritional Information:

Calories: 114kcal | Carbohydrates: 8g | Protein: 1g | Fat: 9g | Saturated Fat: 1g | Sodium: 604mg | Potassium: 203mg | Fiber: 3g | Sugar: 3g | Vitamin A: 56% | Vitamin C: 30.2mg | Calcium: 30mg | Iron: 0.6mg

Recipe:

- 1** If using frozen greens, defrost and squeeze out the excess liquid out before using.
- 2** Add the oil, garlic, and greens to a skillet. Fry over medium-low heat for 3-5 minutes, until the greens are wilted, and the garlic is fragrant.
- 3** Add the beans and toss gently to combine.
- 4** Season with salt, pepper, and nutmeg to taste.

Ingredients:

<i>Kale</i>	<i>White beans (cooked or canned)</i>
<i>3 garlic cloves (minced)</i>	<i>1 tbsp olive oil</i>
<i>Nutmeg (ground)</i>	<i>Salt and black pepper</i>

Prep Time:	5 Minutes
Cook Time:	0 Minutes
Total Time:	5 Minutes
Servings:	2

GARLIC BEANS & GREENS



Nutritional Information:

Calories: 349kcal | Carbohydrates: 52g | Protein: 20g | Fat: 8g | Saturated Fat: 1g | Sodium: 36mg | Potassium: 1341mg | Fiber: 11g | Sugar: 1g | Vitamin A: 130% | Vitamin C: 79mg | Calcium: 267mg | Iron: 8mg

Recipe:

- 1** Heat the olive oil in a big frying pan over medium-high heat.
- 2** Add the sliced onions and sauté until soft (reduce to medium heat).
- 3** Add the whole cloves of garlic and sauté for about a minute.
- 4** Lower heat to medium-low. Add the sliced peppers all at once over the onions. ***Do not stir.***
- 5** Cover your pan and let the mixture stew together for about 10 minutes. Every few minutes or so, give your pan a shake.
- 6** When the peppers have softened, add the red wine and simmer on medium heat for about 5-10 more minutes, uncovered.
- 7** Remove from heat. Add parsley, basil, and season to taste.

Ingredients:

6 bell peppers (sliced)	1 onions (sliced)
1 garlic cloves (whole)	3 tbsp olive oil
¾ cup red wine	1/3 cup parsley (chopped)
1/3 cup basil (chopped)	Salt & pepper

Prep Time:	15 Minutes
Cook Time:	40 Minutes
Total Time:	55 Minutes
Servings:	6

PEPERONATA (ITALIAN PEPPER STEW)



Nutritional Information:

Calories: 135kcal | Carbohydrates: 10g | Protein: 1g | Fat: 7g | Saturated Fat: 1g | Sodium: 9mg | Potassium: 340mg | Fiber: 2g | Sugar: 6g | Vitamin A: 4075IU | Vitamin C: 159mg | Calcium: 25mg | Iron: 1mg