

DID YOU

KNOW?

APRIL IS PLANTAIN MONTH

PREPPY



PLANTAIN

FACT #1

Plantains are often confused with bananas, but this tropical fruit is often larger in size and has a thicker skin. Bananas are commonly consumed raw while plantains are most often consumed cooked.

FACT #2

Plantains are commonly used in Latin American, Caribbean, and African cuisines. A popular recipe is fried plantains, sometimes known as maduros. In Spanish, maduro means ripe, which is referring to how ripe the plantains are when used to make this recipe.

FACT #3

One thing plantains and bananas have in common is that they are both sources of potassium. Potassium is an important nutrient for our muscles and that's why someone may tell you to eat a banana when you have muscle cramps.

BAKED PLANTAINS

Makes 4 servings • 1/2 cup

INGREDIENTS:

- 2 CUPS OF SLICED PLANTAINS
- 1/8 CUP OF OLIVE OIL
- 1 TSP OF CINNAMON
- 1/8 TSP OF GROUND NUTMEG

DIRECTIONS:

- PREHEAT OVEN TO 425 DEGREES F.
- TOSS PLANTAINS IN OLIVE OIL AND LAY THEM OUT ON A BAKING SHEET LINED WITH PARCHMENT PAPER.
- SPRINKLE WITH CINNAMON AND NUTMEG.
- BAKE FOR 20 MINUTES, FLIPPING HALFWAY THROUGH.

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 1/2 cups	1 - 1 1/2 cups
Children, Ages 9-13	2 - 2 1/2 cups	1 1/2 cups
Teens, Ages 14-18	2 1/2 - 3 cups	1 1/2 - 2 cups