

Stuffed Plantains

Ingredients:

- 1 Tbs oil
- 4 ripe plantains, peeled
- 1 cup boiled black beans
- 1 small onion, chopped
- 4 cloves garlic, minced
- 2 tsp fresh parsley
- 2 tsp fresh oregano
- 1 tsp black pepper
- ¼ tsp ground cumin
- ½ tsp salt
- 1 cup red bell pepper, chopped



*GLUTEN-FREE



*SOY FREE



*VEGAN

Nutrition Facts

8 servings per container

Serving size 1/2 plantain with
3 Tbs filling

Amount per serving

Calories **180**

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 7%

Total Carbohydrate 39g 14%

Dietary Fiber 5g 18%

Total Sugars 17g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 1.4mg 8%

Potassium 600mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions:

1. Add 1 Tbs oil to a skillet over medium heat.
2. Add the garlic and onion and saute until translucent.
3. Add the bell peppers and cook for 3 minutes.
4. Add parsley, oregano, black pepper, cumin and salt.
5. Add the black beans and stir to combine.
6. Reduce heat to a simmer, cover and cook for 5 minutes then set aside.
7. Cut each plantain lengthwise and carefully scoop out the inside.
8. Place the plantains on a parchment lined baking tray and cook at 350 F for 25-30 minutes.
9. Remove from oven and allow to cool.
10. Spoon the black bean mixture into the hollowed plantains.