

Grilled Plantains

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This recipe serves: 6

Ingredients

4 to 6 plantains

Cooking Instructions

1. Set up your grill for direct grilling and preheat to high.
2. Cut the ends off the plantains and cut each plantain sharply on the diagonal into two inch pieces. (It is important to cut the plantains sharply on the diagonal to maximize the surface area exposed to the fire.)
3. Grill the plantains until the skins are charred, the exposed flesh is darkly caremelized, and the flesh in the center is soft. (Squeeze the plantains between your fingers to test for doneness.) This will take 4 to 8 minutes per side. Turn the pieces with tongs to ensure even cooking.
4. Serve the grilled plantains in the skins, but instruct your guests to cut off the skins before eating.

Nutrition Facts

Serving Size 1 plantain

Amount Per Serving

Calories 145

Protein 1 g

Total Carbohydrate 38 g

Dietary Fiber 3 g

Soluble Fiber g
