

Simple and Healthy Oven-Baked Spicy Plantain Chips



Ingredients:

- 2-3 green or slightly ripe plantains, peeled and thinly sliced into chips
- 1/2 teaspoon salt
- 1 teaspoon chili powder
- 1/2 teaspoon paprika
- 1/2 teaspoon cayenne pepper (optional, for extra heat)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 tablespoons vegetable or olive oil

Directions:

1. Preheat oven to 400°F.
2. Wash and prepare plantains.
3. Toss plantain slices with oil, spices, and salt in a medium bowl. Spread in a single layer on a cookie sheet.
4. Bake for 15 to 17 minutes, turning slices after about 8 minutes. Watch closely after turning—they can burn quickly. Remove from oven and serve. Chips are best eaten immediately.
5. Chips are best served on their own or with mango salsa.

Recipe adapted from UMass Extension Nutrition Education Program - www.ag.umass.edu/nutrition

