

Cinnamon and Brown Sugar Plantains

submitted by Kathy Stanton

Ingredients

- 3 medium ripe plantains
- 2 Tbsp golden brown sugar
- 1/2 tsp cinnamon
- pinch grated nutmeg
- pinch salt
- 3 Tbsp melted butter (for brushing)
- non-stick cooking spray

Preparation

1. Start by trimming off the ends of the ripe plantains and discard. Then cut in half lengthwise and peel off the skin. You will now have two pieces of peeled plantain ... slice off (lengthwise) a piece about 1/4". Now use this sliced surface to sit on your cutting board to make slicing the rest of the plantain easier. Slice 1/4" pieces and set aside.
2. Mix together the cinnamon, pinch of nutmeg, salt and brown sugar until it is completely blended.

3. Line a baking sheet with aluminum foil (makes cleanup easier) and spray to coat the surface. Now place the slices of ripe plantain on top, brush with the melted butter and sprinkle (generously with the spice mixture evenly onto each piece of plantain.
4. Place in the middle rack of a preheated 400 F oven and bake for 40-45 minutes. After 30 minutes check to see how it is doing. If you find that it is golden and a nice caramel coat has formed, you may want to remove from the oven early.

NOTES: Don't cut too small as will burn. Do check frequently to ensure just done.