



Venezuelan Sweet Plantains

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These Venezuelan Sweet Plantains are divine! They're caramelized on the outside and soft and tender on the inside. Perfect side dish for any entrée. They can be made ahead. Whole30 friendly.

Course Side Dish

Cuisine	Venezuelan
Prep Time	5 minutes
Cook Time	15 minutes
Total Time	20 minutes
Servings	8 servings
Calories	171kcal
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Equipment

- Large Skillet
- Cutting Board
- Knife

Ingredients

- 4 yellow ripe plantains
- 2 tablespoons butter (for Whole30 use ghee)
- 2 tablespoons oil (vegetable or canola, for Whole30 use avocado oil)
- 1 - 2 tablespoons sugar (see notes)
- ¼ teaspoon ground cinnamon

Instructions

1. Cut off the ends of the plantains. Then, use a knife to slice into the skin along the length of the plantain. Don't slice too deep in, just deep enough to slice the skin. Remove the peel in

strips with your finger. Cut the plantains into 1-inch-thick slices.



2. Heat oil and butter in a large skillet over medium-high heat.
3. When the butter is melted, place the plantains slices into the skillet. Fry until the plantains begin to turn golden brown, then turn over, and continue frying, about 2 minutes per side.
4. Reduce heat to low. Sprinkle plantain with sugar and cinnamon. Cover the skillet and cook, turning them over once, until the plantains are tender, and they have caramelized, about 8 - 10 minutes.
5. Serve immediately as a side dish to any entrée.

Notes

Store leftover plantains in an airtight container in the refrigerator for up to 5 days. To reheat, just place them in the microwave for 30-60 sec.

Sugar: When the plantains are very ripe using the sugar is totally optional since the plantains will caramelize with their own natural sugar.

Whole30: To make this recipe Whole30 compliant use avocado oil and ghee and omit the sugar.

Pro Tip: Given the high sugar content in the ripe plantains, I recommend using a nonstick skillet to avoid the plantains sticking to the bottom of the pan.

Where Can I Find Plantains?

In The US, plantains are sold in most grocery stores like Walmart or Whole Foods. You'll need to buy yellow plantains with black spots/patches for this recipe. If you only find green plantains (it happens a lot), buy them green and let them ripe in a dark place in your kitchen. I usually put them in my pantry.

Serving Ideas:

Plantains are also incredibly versatile – serve them alongside your favorite main protein, like this Venezuelan Asado Negro or Venezuelan Carne Mechada, or have them alongside a salad or beans, or enjoy them topped cheese as a snack.

★ Did you make this recipe? Don't forget to give it a star rating below!

Please note that nutritional information is a rough estimate and it can vary depending on the products used.

Nutrition

Calories: 171kcal | Carbohydrates: 30g | Protein: 1g | Fat: 6g | Saturated Fat: 2g | Cholesterol: 7mg | Sodium: 28mg | Potassium: 446mg | Fiber: 2g | Sugar: 14g | Vitamin A: 1095IU | Vitamin C: 16.5mg | Calcium: 3mg | Iron: 0.5mg