

Bacon-Wrapped Spiced Plantains with Jalapenos

Publix Aprons
www.publix.com

Servings: 14

*2 pounds frozen ripe
plantains (maduros)
1 jalapeno pepper, sliced
thinly
8 ounces bacon, cut in half
2 teaspoons Caribbean
seasoning, divided
toothpicks
nonstick aluminum foil*

Preparation Time: 20 minutes

Preheat the oven to 425 degrees.

Thaw the plantains. Slice the jalapeno thinly and remove the seeds, if desired. Slice the bacon in half lengthwise.

Place all of the bacon pieces flat on a cutting board (wash your hands). Place the plantains in a bowl and stir gently with 1-1/2 teaspoons of the seasoning. Lay a plantain on the bottom of each piece of bacon.

Top each plantain with a slice of jalapeno. Wrap tightly away from you. Skewer with a toothpick (wash your hands).

Arrange the finished plantains on a nonstick foil-lined baking sheet. Sprinkle the remaining seasoning on the plantains.

Bake for 25 to 30 minutes until the bacon reaches the desired crispness.

Serve.

Per Serving (excluding unknown items): 94 Calories; 8g Fat (78.0% calories from fat); 5g Protein; trace Carbohydrate; trace Dietary Fiber; 14mg Cholesterol; 259mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1 Fat.