

## Appetizers

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# Avocado Plantain Cups

Food Network Magazine

**Preparation Time: 30 minutes**

**Start to Finish Time: 1 hour 10 minutes**

**1 tablespoon extra-virgin olive oil plus more for the pan**

**Kosher salt**

**3 large green plantains, peeled and sliced 3/4-inch thick (24 pieces)**

**1 large avocado, diced**

**1 plum tomato, diced**

**1/2 orange bell pepper, diced**

**1/4 small red onion, minced**

**1 serrano chili pepper, minced**

**2 tablespoons fresh lime juice**

**2 tablespoons fresh chopped cilantro**

**salt**

Preheat the oven to 400 degrees.

Generously brush a 24-cup mini-muffin pan (preferably nonstick) with olive oil.

Bring a large pot of salted water to a boil. Add the plantains and cook until very tender, 12 to 15 minutes. Drain and let cool slightly.

Using your fingers, press a plantain chunk in the bottom and up the sides of each muffin cup to form a crust.

Bake until browned around the edges, 25 to 30 minutes. Let cool for 5 minutes, then remove from the pan.

Meanwhile, in a medium bowl, combine the avocado, tomato, bell pepper, red onion, serrano, lime juice, cilantro and one teaspoon of salt. Toss gently, then divide among the plantain cups.

Yield: 24 cups

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Per Serving (excluding unknown items): 360 Calories; 31g Fat (70.7% calories from fat); 5g Protein; 24g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 27mg Sodium. Exchanges: 1 Vegetable; 1 Fruit; 6 Fat.