
Pastelon (Plantain Lasagna)

Brianna Del Valle

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2 pounds ripe plantains, sliced
1 pound chopped meat, browned
1 egg, beaten
1/2 pound grated mozzarella cheese

Preheat the oven to 350 degrees.

Place the plantains evenly at the bottom of a greased baking dish. Add the browned meat on top of the plantains, following the pattern as if you were making a lasagna. Pour the egg onto the top.

Bake in a 350 degree oven for 45 minutes.

Add a layer of grated mozzarella cheese.

Return to the oven for 45 minutes.

(Note: Frozen plantains can be used. Heat according to package directions.)

Pasta

Per Serving (excluding unknown items): 794 Calories; 7g Fat (7.4% calories from fat); 14g Protein; 189g Carbohydrate; 14g Dietary Fiber; 212mg Cholesterol; 94mg Sodium. Exchanges: 1 Lean Meat; 12 1/2 Fruit; 1/2 Fat.