Fried Plantains

Amount 2 plantains
Time 15 min

Ingredients

- 2 plantains (any color)
- seasoned salt (or salt, chili powder, onion powder, misc. spices like that)
- olive oil

Steps

1. Put a dollop of olive oil in a frying pan.
2. Peel and chop plantains into medallions. If the plantains are green, make them thin (like quarters); if they are yellow or yellow-brown, slice them a little thicker.
3. Heat oil. Add plantains. Sprinkle seasoned salt over plantains.
4. Fry until plantains are golden brown. Flip, and fry other side too.

Notes

Green plantains will be more like potato chips, crunchier and starchier. Yellow or yellow-brown plantains are sweeter and softer (because some starch has broken down into sugars).