

5 A Day Recipes

Main Courses

Douglas Rodriguez's Plantain Escabeche

Serves 8

- 1 cup red wine vinegar
- 3 tablespoons olive oil
- 1 yellow bell pepper, seeded and julienned
- 1 yellow onion, julienned
- 4 ripe (yellow) plantains*
- 1 tablespoon tomato paste
- 1 red bell pepper, seeded and julienned
- 1 green bell pepper, seeded and julienned
- 3 cloves garlic, minced
- Salt and pepper to taste

Nutritional Analysis

Calories: 204
Fat: 5 g
Cholesterol: 0
Fiber: 4 g
Sodium: 24 mg
% Calories from Fat:

Preheat oven to 350° F. Mix the vinegar and tomato paste, add all the julienned peppers, onion and garlic, season with salt and pepper and reserve. Peel the plantains* and generously season them with salt and pepper. In a large skillet, heat

olive oil. Place one plantain at a time in the pan, browning on all sides; then place skillet in the oven and bake for about 15 minutes. Remove from oven and pour the reserved pepper mixture over the plantains; cook the mixture over low heat on the stove until the peppers are wilted. Serve over black beans and rice.

This is an official 5 A Day recipe, providing each person served with one serving of fruit/vegetable.

*The plantain, a member of the banana family that is extremely popular in Latin American countries, is always used when cooked. Plantains have a mild, squash-like flavor. They are inexpensive and are increasingly available in grocery stores. To easily peel a plantain, cut off each end and soak it in warm water for about 10 minutes.