



INGREDIENTS

- ½ Cup Red Onion
(very thinly sliced)
- 1 Cup White Vinegar
- 2 Tablespoons Olive Oil
- 5 Cups Plantains
(sliced from 4 unripe, green)
- 1 Tablespoon Salt
- 1-2 Cups Starchy Water
(from the plantains)
- 4 Tablespoons Butter
- Salt and Pepper (to taste)

DIRECTIONS

1. Place sliced onions in a bowl, pour vinegar over them, and let soak for 10–15 minutes. Heat olive oil in a small pan over medium heat, then add the onions (with some of the vinegar if you'd like). Sauté the onions until they soften but don't lose their crunch. Keep them covered so they stay warm.
2. Peel the plantains and cut them into 1–2-inch pieces. Place them in a deep pan and cover them with water. Add 1 tablespoon of salt and boil for about 30 minutes, or until the plantains are fork-tender.
3. Drain the plantains, saving 1–2 cups of the starchy water. Place the plantains back in the pan, then add the butter and a splash of starch water. Mash until smooth. Gradually add more of the starch water and keep mashing and stirring until you're satisfied with the texture.
4. Top with plenty of sautéed onions and serve right away.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

4 Cups

PORTION SIZES

Toddler: ½ Cup

Preschool: ½ Cup

School Age: ¾ Cup

Adult: ½ Cup