

## **Baked Plantain Chips**

Makes about 2 servings

### **Ingredients**

1 medium green plantain  
1 ½ Tablespoons olive oil or coconut oil  
½ tsp sea salt

### **Directions**

1. Pre-heat oven to 400°F.
2. Peel the plantain (with a sharp knife if needed). Then slice the plantain as thinly as possible with a mandolin or knife.
3. Place parchment paper on a cookie sheet. Place a single layer of plantains on the parchment paper. Rub oil on both sides of sliced plantains, sprinkle with salt.
4. Bake for 16-20 minutes, turning chips halfway through. They are done when they just start to brown around the edges.
5. Let cool slightly, and enjoy!

### **Variations**

Try different seasonings!

- ¼ tsp chipotle chili powder and ¼ tsp smoked paprika
- ½ tsp chili powder, ¼ tsp cumin, and a pinch of cayenne
- ½ tsp garlic powder and 1/8 tsp onion powder

**Nutrition Information per Serving:** 200 calories, 11g fat, 580 mg sodium, 29g carbohydrates, 2g fiber, 1g protein

