

## **The Jersey Momma's Baked Plantain Chips**

### **You Will Need:**

- one large ripe plantain (look for yellow with brown spots- LOTS of brown spots)
- 1 Tbsp olive oil (you can also use coconut oil)
- 1/2 tsp salt (I used kosher salt but any kind of salt to your liking is fine)
- parchment paper (needed because plantains are sticky)

### **Directions:**

Preheat oven to 425 degrees

Carefully peel off plantain skin and slice (not too thin, as they will burn in the oven). Place on parchment paper on baking sheet.

Sprinkle the plantains with olive oil (both sides) and salt to your liking (you can also salt more after baking if you find they need it)

Bake the plantains at 425 degree oven for ten minutes. Remove from oven and flip plantain chips over. Bake for another ten minutes or until they start to turn golden and crispy. Allow to cool or eat warm!

Best eaten immediately but can store up to one week, refrigerated, in an airtight container.

### **Jersey Momma Tips:**

-don't drench them in oil or they'll turn out greasy. Drizzling is key!

-to properly peel a plantain, slice off both ends and score a line down the center. This will help when peeling off the skin.

-you can also sprinkle with cinnamon or nutmeg. If you like a saltier version, try garlic, cayenne pepper or other spices to your liking.

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