



Ripe Plantain Slices with Quinoa and Avocado-Tomato Salad

(BIG BANANA® Sweet Plantain Slices)

Yields 4-6 servings

INGREDIENTS

- 4 C. PURE & SIMPLE® Ripe Plantain Rounds
- 4 C. Quinoa, cooked
- 4 C. Prepared Black Beans
- 4 c. Avocado-Butter Lettuce Salad

For the Baked Plantains

- Pre-Heat oven to 375 degree
- Place the slices on a parchment lined baking pan.
- Bake for 4-6 minutes or until internal temperature of 165 degrees
- Hold for plating

For the Black Beans

- 1 tablespoon extra-virgin olive oil
- ½ cup onion finely diced
- 4 cloves garlic minced or pressed
- 1/2 teaspoon Cayenne or less to taste
- 1 teaspoon cumin
- 1/4 teaspoon oregano
- 2 (15 oz) cans black beans drained and rinsed
- 1 cup broth chicken or vegetable
- 1 tablespoon freshly squeezed lime juice

Procedure

1. Heat saucepan over medium heat and add in oil.
2. Add in onions and saute for about 5 minutes.
3. Add in garlic, cayenne, cumin, and oregano and cook for 30 seconds.
4. Stir in black beans and chicken broth.
5. Stirring regularly, bring to simmer and simmer for 10 minutes, or until most of the liquid has evaporated (the beans will thicken more as they cool).
6. Remove from heat and stir in lime juice.

For the Salad

- 1 cup thinly sliced red onion
- 2 tablespoons olive oil
- 1 tablespoon fresh lime juice
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 3 cups torn butter lettuce
- 1 cup sliced avocado

Procedure:

1. Combine first 5 ingredients in a large bowl.
2. Let stand 10 minutes.
3. Add lettuce and avocado; toss gently.

To assemble divide the quinoa, avocado salad, black beans and baked plantains among the 4 bowls.