Baked Plantain Chips with Guacamole

4 SERVINGS 40 MINUTES



INGREDIENTS

1 Plantain (large, peeled)
1 1/2 tsps Avocado Oil
1/2 tsp Sea Salt (divided)
2 Avocado
1 1/2 tbsps Lime Juice
2 tbsps Cilantro (chopped, optional)

DIRECTIONS

01 Preheat the oven 325°F (162°C). Line a baking sheet with parchment paper.

02 Thinly slice the plantain into even coins. In a mixing bowl toss the plantain slices with the oil and half of the salt. Arrange the plantain coins in a single layer on the baking sheet. Bake for 20 to 24 minutes, flipping halfway through, until golden brown. Let them cool slightly on the baking sheet.

03 In a medium-sized bowl mash the avocado, remaining salt, lime juice and cilantro (if using) together until a few chunks remain. Season with additional salt or lime juice if needed.

04 Serve guacamole immediately with plantain chips. Enjoy!

NOTES

LEFTOVERS

Guacamole lasts for up to three days in the fridge (discoloration may occur). Season with additional lime juice to prevent browing. Plantain chips are best enjoyed same day.

SERVING SIZE

One serving is equal to approximately 12 plantain chips and 1/4 cup of guacamole.

MORE FLAVOR

Sprinkle plantain coins with chili powder and cumin before baking. Add garlic, chopped tomatoes and/or jalapeno pepper to the guacamole.

NO AVOCADO OIL

Use melted coconut oil instead.