

# Puerto Rico

## Plantain Cups with Shredded Chicken

**Featured Food:** Plantains

**Makes:** 10 plantain cups

### Ingredients

#### Chicken Filling

- 1 tablespoon olive oil
- 1 cup cooked chicken, shredded
- ½ cup onion, chopped
- ½ teaspoon cumin
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper
- ¼ teaspoon salt



#### Plantain Cups

- 2 large green plantains
- 2 tablespoons olive oil
- ¼ teaspoon salt

### Directions

1. In a skillet, heat oil over medium heat. Add shredded chicken and onions. Cook for about 1-2 minutes.

2. Add cumin, garlic powder, and black pepper to the mixture and cook, stirring often, for about 5 minutes. Set aside for later.
3. Cut off each end of the plantains and make 3 vertical cuts along the side. Using your thumb, peel the skin away from the flesh of the plantain and cut into 1-inch chunks.
4. Heat the oil over medium heat in a skillet for about 1 minute. Add the plantain chunks and sprinkle the salt on top. Cook all sides of each plantain (about 5-6 minutes on each side). Using tongs, be sure to turn the plantain pieces on their sides so the inside cooks throughout, and they turn a golden color.
5. Turn the heat down to low and remove the plantain from the pan.
6. When cool enough to handle, take 2 cuts of plantain at a time and shape them into a cup using either your hands, a small pestle and mortar, or a lemon squeezer.
7. Fill the plantain cups with the chicken mixture and top with a yogurt dip (optional).
8. Serve immediately.

**Recipe from:** University of Rhode Island SNAP-Education, adapted by the USDA Food and Nutrition Administration.

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