

# BEYOND HUNGER

## Mangú (mashed plantains) with avocado and fried eggs

*Plantains are a fruit (that look like a large banana) and are a staple in South and Central American, African, and Caribbean cooking. Unlike a banana, though, plantains cannot be eaten raw; they must be cooked. Mangú, or mashed plantain, is one of the most well-known dishes from the Dominican Republic. It is eaten for breakfast or dinner. Plantains provide a variety of vitamins and minerals such as vitamin A, vitamin C and magnesium. They also have almost twice the amount of potassium of a banana and are a great source of fiber. This recipe is combines the plantains with eggs to offer protein and avocado to provide healthy fats.*

**Yields:** 2 servings

### Ingredients

- 2 unripe **plantains**
- 1.5 tsp **salt**
- 3 tbsp **olive oil**, divided
- 1 cup **water**, at room temperature
- 2 small **onions**, sliced
- 1 ripe **avocado**
- 2 **eggs**

### Instructions

1. Peel the plantains and cut lengthwise, then cut each half into two pieces.
2. Cover the plantains with water that is one inch above the plantains. Add salt to the water and bring to a boil. Boil the plantains until they are very tender.
3. Remove the plantains from the water and mash them with a fork, right away, until they are very smooth and there are few to no lumps (be careful not to burn yourself).
4. Mix in 2 tsp olive oil and water and keep mashing and mixing until it turns into a smooth puree.
5. Heat ½ tablespoon of oil in a skillet over low heat. Add sliced onions and cook until they become translucent.
6. Garnish mangú with the onions and the cut avocado.
7. To fry the eggs, crack them into a small bowl and place them near the stove. Try not to break the egg yolks. Warm 1 Tbsp oil in a pan over medium heat.
8. Gently tilt the pan around so the olive oil covers the base of the pan. Carefully pour one egg into the skillet; watch out for hot oil splatters. Then pour the second egg into the pan, making sure there's space between the two eggs.
9. Let the egg cook, gently tilting the pan occasionally to redistribute the oil, until the edges are crisp and golden, and the yolk is cooked to your liking- about 2 minutes for runny yolks or 2 ½ to 3 minutes for medium yolks.
10. Transfer the eggs to the plate next to the mangú and avocado. Enjoy while warm.

**Per Serving:** Calories 643, Carbohydrates 77g, Protein 12g, Saturated Fat 6 g, Sodium 676mg, Fiber 11g, Sugars 34 g

This recipe is featured in the October 2021 issue of Beyond the Kitchen and was adapted from Dominican Cooking.

