



Tortitas de plátano macho

4 tortitas

Ingredientes:

- 1 Plátano macho bien maduro y machacado
- 1 o 2 huevos
- Pisca de sal
- Pan molido o harina para darle consistencia.

Preparación:

1. Mezcla bien todos los ingredientes en un plato hondo.
2. Agrega a un sartén un poco de aceite y un poco de mantequilla y en cuanto estén calientes agrega las tortitas bien formadas.
3. En cuanto estén doraditas, voltéalas.
4. Déjalas unos minutos y tapa el sartén para que las tortitas no se resequen.
5. En cuanto estén doraditas de los dos lados y cocidas en el centro, están listas para disfrutar.
6. Puedes comerlas como postre con un poco de crema o como acompañante a un buen plato de frijoles.

PARA MÁS RECETAS VISITA:

[HTTPS://WWW.MANNAFOOD.ORG/COMMUNITY-FOOD-EDUCATION/RECIPE-CORNER/](https://www.mannafood.org/community-food-education/recipe-corner/)



Plantain cakes

4 cakes

Ingredients:

- 1 ripe plantain, mashed with a fork.
- 1 or 2 eggs
- Pinch of salt
- Bread crumbs or flour (enough to keep them together).

Directions:

1. Mix all the ingredients in a bowl.
2. Add some oil with a little bit of butter to medium pan. Once the oil and the butter are warm add the formed cakes to the pan.
3. Once they are a little browned on one side flip them over.
4. Leave them a few minutes and cover the pan so that the cakes don't dry out.
5. Once the cakes have browned on both sides and they are cooked through the middle, they are ready to eat.
6. You can eat them as dessert with some heavy cream or as a side dish with some black beans.

FOR MORE RECIPES GO TO::

[HTTPS://WWW.MANNAFOOD.ORG/COMMUNITY-FOOD-EDUCATION/RECIPE-CORNER/](https://www.mannafood.org/community-food-education/recipe-corner/)