MOFONGO

featuring Kagome Roasted Pineapple Salsa

Yields: 10 serving

INGREDIENTS

Red Bean Pineapple Sauce:

2 tablespoons 2 2 2 ½ cup 2 15-ounce 1 quart 1 28-ounce Extra Virgin Olive Oil Small Bell Peppers, sliced Medium Onions, sliced Small Summer Squash (yellow or green) Chopped Fresh Cilantro Cans Red Beans, drained **Kagome Roasted Pineapple Salsa** Can Diced Tomatoes, with juice

Mofongo:

10 ¹⁄₂ cup 1 tablespoon 1 teaspoon 5

Garnish: Fresh Cilantro Plantains, green Extra Virgin Olive Oil Adobo Seasoning Salt Garlic Cloves, minced



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INSTRUCTIONS

- 1. Prepare Kagome Roasted Pineapple Salsa by heating olive oil in a large pot. Add peppers, onions and squash, and sauté for 8 minutes.
- 2. Add cilantro, beans, Kagome Roasted Pineapple Salsa, and diced tomatoes and heat until thick, bubbly and vegetables are tender. Remove from heat.
- 3. Prepare Mofongo by peeling plantains and slicing into thin slices.
- 4. Heat a small amount (just to keep from sticking) of the olive oil in a large skillet, sauté pan or grill.
- 5. Place plantains in skillet, pan or grill and cook for about 4-5 minutes, just until plantain slices turn yellow but not golden brown. Turn with tongs and cook other side until golden. Add additional olive oil as needed while cooking.
- 6. Place cooked plantain slices in a large bowl with adobo seasoning, salt and garlic. Mash until mixture creates a cohesive texture that holds together when pressed with hands, but still reveals pieces of cooked plantain.
- 7. Place warm plantain mixture (mofongo) in 10 small (1-cup) souffle cups or jelly jars, and press mixture firmly to form round cakes.
- 8. Invert one Mofongo cake onto each serving dish, and ladle over a serving of Kagome Roasted Pineapple Salsa (1 ¹/₄ cups per serving). Garnish with additional cilantro. Serve immediately.



The Plant-Powered Dietitian

Sharon Palmer