

Verdura (Modified)

Ingredients:

1 plantain
1 malanga
1 cassava
2 green bananas
1 Tbsp. light olive oil
½ tsp. minced fresh garlic
1 tsp. minced fresh parsley
1 Tbsp. fresh lemon juice

Procedure:

1. Fill large pot with water
2. Peel and cut plantain, malanga, cassava, and green bananas into chunks
3. Boil the roots until tender, test with a fork
4. Drain and put roots in a bowl
5. Combine olive oil, garlic, parsley, and lemon juice. Drizzle on the top of cooked roots.
6. Serve

Yield:

10 servings

Nutrition Facts:

Calories- 192 kcal
Fat- 1.82g
Protein- 1.68g
Sodium- 12.53mg
Calcium- 15.39mg
Iron- 0.41mg
Thiamin- 0.09mg
Riboflavin- 0.07mg
Niacin- 1.02mg