

## Honey Glazed Plantains

- 3 medium plantains (about 2 pounds total), very ripe (all-over brownish black skin), sliced thin on the diagonal
- 2 Tbsp. Butter
- 4 Tbsp. Canola Oil
- ¼ Cup Honey
- ¼ Cup Orange Juice

Mix honey and orange juice set aside.

Heat oil and butter in a large skillet when butter is bubbling but not brown add the plantains, and cook until browned, 4 to 6 minutes per side. Pour honey and orange juice over plantains, toss to coat.

**Cooks Note:** Peeling Plantains, remove the ends, using the tip of the knife make several horizontal cuts into the peel do not cut the plantain just the skin. Microwave for 1 ½ minutes and they will peel like bananas.