

Carrot & Beet Salsa with Plantain Chips

6 SERVINGS 35 MINUTES



INGREDIENTS

4 Plantain (medium, slightly ripe)
2 tbsps Avocado Oil
1 Beet
1 Carrot (medium, roughly chopped)
1/2 Yellow Onion (small, roughly chopped)
1 cup Cilantro (chopped)
1 tbsp Lime Juice
1/4 tsp Sea Salt (to taste)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|---------|-----|
| Calories | 276 | Carbs | 61g |
| Fat | 5g | Protein | 3g |

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 02 Peel the plantains then slice as thinly as possible with a mandolin or knife. Do your best to keep the thickness consistent. Slice on the bias for bigger chips. Gently toss the slices in oil. Arrange in an even layer on the baking sheet then bake for 20 to 30 minutes, flipping at the halfway point. (Note: chips are done when they start to brown around the edges.)
- 03 Remove from the oven and let cool on a baking rack lined with a towel to soak up any excess oil.
- 04 While the plantains cook, bring a pot of water to a boil. Place the beet in a steamer over the boiling water and steam for 30 minutes, or until fork-tender. When cool enough to handle, rub the skins off and cut into cubes.
- 05 In a food processor, combine the beet, carrot, onion, cilantro, lime juice, and salt and process until your desired consistency is reached, adding a tablespoon of water at a time, if needed. Season with more salt to taste. Serve with the plantain chips and enjoy!