

Vegetables and Plantains



Makes:

8 servings

Utensil:

Saladmaster Food Processor

11" Large Skillet with Cover

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Contributed By:

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Authorized Saladmaster® Dealer

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Recipe Description:

Saladmaster's unique design and structure keeps vegetables' tastes from blending, even when they're in the same pan. Preserve nature's flavors while maintaining the nutrients of these delicious vegetables that are cooked without oil or water. And the plantain addition is a delightful addition.

2

carrots, chopped, use Cone #5

1

parsnip, chopped, use Cone #5

³/₄

cup

peas

(100

g)

³/₄

cup

Brussels sprouts, chopped, use Cone #4

(66

g)
1 1/2

cups

corn kernels

(246

g)

1

cup

broccoli, whole or chopped if desired, use Cone #4

(90

g)

1

cup

cauliflower, whole or chopped if desired, use Cone #4

(90

g)

1

plantain, cut into 1/2-inch rounds

Directions:

1. Place skillet cover on its top (upside-down) and place skillet on the upside-down lid to use as a bowl.
2. Place under Saladmaster Machine and chop vegetables directly into pan.
3. Place pan on medium heat and cover. When Vapo-Valve? clicks, turn heat to low and cook for approximately 7 - 10 minutes until vegetables are tender-crisp.

Tips:

- Plantains are firmer and lower in sugar than the sweet or "dessert" banana. Bananas are usually eaten raw while plantains are usually cooked in some manner. Plantains are a good source of potassium and fiber.

Nutritional Information per Serving

Calories:

104

Total Fat:

1g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

117mg

Total Carbs:

25g

Dietary Fiber:

5g

Sugar:

9g

Protein:

3g