

Episode 4: **PASTELÓN DE PLÁTANO** (*Meat and Plantain Pie*)

Carbs: Plantain, Squash, Peppers

Protein: Turkey, Egg, Cheese

Fat: Oil, Egg, Olives

Vitamins and Minerals: Fiber, Vitamin A, Vitamin C, Calcium

Prep Time: 40 Minutes

Cook Time: 35 Minutes

Makes: 6 Servings

Serve it with a side dish that does not compete with the flavor, such as rice, salad or a vegetable.

Ingredients:

- 1 large green plantain
- 1 cup butternut squash
- 1 pound lean ground turkey
- ¼ cup sofrito
- 1 tbs of olive oil
- 1 small onion
- 1 small green pepper
- 1 small red pepper
- 1 small tomato
- 4 ounces tomato sauce
- 5 olives with pimentos
- 1 teaspoon capers
- 1 teaspoon black pepper
- ¾ cup reduced fat shredded cheddar or mexican cheese blend
- 1 egg
- 1 Tablespoon water
- Cooking spray

Preparation:

1. Fill large pot halfway with water. Put on stove over high heat and cover so that the water boils.
2. When peeling plátanos, moisten hands and rub with salt to prevent the juices from sticking to your hands. Cut about one inch off of each end of each plátano. Make 2 lengthwise slits on opposite sides of each. Without removing the peel, drop the plátano into the boiling water. Boil for 15-20 minutes. Feel with a fork to see if it is ready. You don't want it mushy but slightly hard at the center. Remove from water, let cool. Remove peel. Slice into thick slices.
3. Use a vegetable peeler to take the outer skin off of the butternut squash. Grate it using a box grater.
4. Cut onion into small dice.
5. Remove stems and seeds from green and red peppers. Cut into dice.
6. Remove stem end of tomato and dice the rest of the tomato.
7. Slice the olives.
8. In a small bowl, crack egg. Put in 1 tablespoon water. Beat together with a fork.
9. Preheat the oven to 400°.

Instructions:

1. Put the olive oil in a large skillet set over medium heat. Add the sofrito, peppers, onion and tomato and cook for about 2 minutes. Add the turkey and cook until done, breaking apart the meat as you go. Add the tomato sauce, olives with pimentos, capers, and pepper. Stir and set aside.
2. Arrange the plantain slices on a cutting board and mash them down slightly with a fork or meat mallet.
3. Spray a pie plate with cooking spray and arrange the mashed plantains on the bottom of the plate. Layer half the meat over that, sprinkle with half the cheese, then the squash.
4. Repeat with the rest of the meat, then cheese. Pour the beaten egg as evenly as you can over the cheese.
5. Put in the oven and bake for about 20 minutes, until the egg is cooked and the cheese is melted.