

Chicken Topped Plantains



You can substitute beef, shrimp or lobster for the chicken

Serves 4

1T olive oil	2T green olives, chopped	2T golden raisins
1/2 pound ground chicken	1/2 small red bell pepper, diced	canola oil, for frying
1 large garlic clove, minced	2T onion, chopped	2c cheddar cheese, grated

Heat olive oil over medium heat. Add ground chicken, garlic, green olives, red pepper, onion and raisins. Sauté until chicken is cooked and crumbled, about 10 minutes. Set aside.

Preheat oven to 350. Peel plantains and slice into 1" thick pieces. Preheat canola oil and fry plantains in enough oil to cover them. Remove from oil when plantains are golden brown. Drain on paper towels.

Place plantains in baking dish sprayed with non~stick cooking spray. Top with cooked chicken filling and sprinkle with cheddar cheese.

Bake 10~15 minutes until filling is hot and cheese is melted.

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