



Ingredients

- 2 medium plantains
- Oil spray

Directions

1. Using a sharp knife, cut off the ends. slice through the skin of the ripe plantain lengthwise, being careful not to cut the flesh. Peel the skin and discard.
2. Make diagonal slices of the plantain flesh about 1/4 inch thick.
3. Brush or spray air fryer basket with oil.
4. Lay the plantain slices next to each other in a single layer in the basket of the air fryer.
5. Cook plantain at 370 degrees F. for 6-8 minutes. Turn the slices over and cook for another 5 minutes.