

Caribbean Week!



Caribbean-Inspired Tropical Meals
to Get You Through the Week!

Black Bean Breakfast

Burrito with Plantains and

Ripe plantains have a starchy consistency like potatoes, but with more fiber.

Mango Salsa

Ingredients

- 2 cups sliced ripe plantains (2 medium)
- 1 lime, juiced and zest grated (2 Tbs. juice and 1 tsp. zest)
- 1 15-oz. can black beans, drained and rinsed
- 1/2 cup prepared mango salsa, plus more for serving, optional
- 4 8-inch flour tortillas, warmed

Preparation

1. Combine plantains, lime juice, and 1/2 cup water in small saucepan. Bring to a boil over medium heat, cover pan, and simmer 20 minutes, or until plantains are very soft. Mash with fork or potato masher, and stir in lime zest. Season with salt and pepper, if desired.
2. Combine beans and salsa in small saucepan; warm over medium heat 3 to 5 minutes, stirring occasionally. Season with salt and pepper, if desired.
3. Spread heaping 1/4 cup plantains on bottom half of each tortilla, leaving 2-inch border. Top with 1/2 cup bean mixture. Fold sides of tortilla over filling, then roll from bottom up. Serve with additional salsa, if using.

Nutrition Information

Calories: 349

Carbohydrate Content: 72 g Fat Content: 4 g

Fiber Content: 9 g Protein Content: 11 g

Saturated Fat Content: 2 g Sodium Content: 779 mg

Sugar Content: 18 g

Cuban-Style Black Beans with Rice and Plantains

Inspired by the Cuban national dish moros y cristianos (Moors and Christians), this robust meal is complete on its own. Depending on your mood, serve strong, hot Cuban-style coffee or chilled beer.

4SERVINGS

Ingredients

- 1 cup uncooked instant brown rice
- 2 Tbs. vegetable oil
- 2 firm, ripe plantains, peeled and cubed
- 1 large yellow onion, diced
- 1 green pepper, seeded and diced
- 1 vegetable bouillon cube, dissolved in 1 cup water
- 2 15.25-oz. cans black beans, drained and rinsed
- 1 tsp. ground cumin
- 1/2 large red onion, chopped for garnish
- 1/2 cup snipped cilantro leaves for garnish
- 1 bunch thinly sliced scallions for garnish

Preparation

1. Cook rice according to package directions, and set aside.
2. Meanwhile, heat 1 Tbs. oil in nonstick skillet over medium heat, and cook cubed plantains 4 to 5 minutes, until just golden. Remove from heat.
3. Heat remaining 1 Tbs. oil over medium heat, and sauté yellow onion and green pepper 7 to 10 minutes, or until onion turns golden. Add vegetable bouillon, beans, cumin, salt, and pepper, and cook 5 minutes more, or until beans are heated through.
4. Spoon rice into large serving bowl or individual soup bowls, top with plantains and vegetables, and garnish with red onion, cilantro, and scallions.

Nutrition Information

Calories: 330

Carbohydrate Content: 62 g Fat Content: 6 g

Fiber Content: 13 g Protein Content: 12 g

Saturated Fat Content: 0.5 g Sodium Content: 610 mg

Sugar Content: 12 g

Hawaiian-Style Sweet-and-Sour Roasted Pineapple and Bell Peppers

This tropical medley is a fresh alternative to a vegetable side dish. To stretch it into a main dish for four, top with 1 cup of roasted cashews and serve it over steamed rice.

6SERVINGS

Ingredients

- 3 cups cubed fresh pineapple
- 1 medium red bell pepper, cubed (1 1/2 cups)
- 1 medium red onion, cut into thin wedges (1 1/2 cups)
- 1 Tbs. toasted sesame oil
- 1 Tbs. vegetable oil
- 1 Tbs. dark or light brown sugar
- 1 Tbs. sweetened coconut flakes, optional
- 1 Tbs. lime juice

Preparation

1. Preheat oven to 400°F. Arrange pineapple cubes, red bell pepper cubes, and red onion wedges on ungreased rimmed baking sheet. Drizzle with toasted sesame oil and vegetable oil, sprinkle with brown sugar, and season with salt and pepper, if desired. Toss to coat.
2. Roast pineapple mixture on center oven rack 30 minutes, or until lightly browned, turning once. Remove from oven and sprinkle with sweetened coconut flakes, if using, then drizzle with lime juice. Remove to serving bowl and toss well to combine. Serve hot or at room temperature.

Nutrition Information

- Calories: 108
- Carbohydrate Content: 17 g
- Fat Content: 5 g
- Fiber Content: 2 g
- Protein Content: 1 g
- Saturated Fat Content: 1 g
- Sodium Content: 3 mg
- Sugar Content: 12 g

Vegetable Mango Stir-Fry

In the Caribbean, green, semi-ripe mangoes add an incomparable depth of flavor to many dishes. Here, they are combined with bell peppers, mushrooms and tofu for a flavorful stir-fry that is served over noodles.

4SERVINGS

Ingredients

8 oz. lo mein noodles or rice noodles

2 tsp. peanut oil

2 medium red bell peppers, seeded and cut into thin strips

8 oz. white mushrooms, sliced

2 large cloves garlic, minced

12 broccoli florets

1 large semi-ripe mango, peeled, pitted and sliced

4 oz. firm tofu, diced

1/2 cup vegetable stock or canned broth

1/4 cup pineapple juice

3 Tbs. low-sodium soy sauce

2 tsp. sesame oil

1 to 2 Tbs. peanut butter

Preparation

1. In large saucepan, bring 3 quarts of water to boil. When water boils, add noodles stirring to prevent sticking. Cook until al dente, stirring occasionally, 4 to 5 minutes. Drain.
2. Meanwhile, in large skillet or wok, heat oil over medium-high heat. Add bell peppers, mushrooms, and garlic, and stir-fry until vegetables begin to soften, about 5 minutes. Add broccoli, mango, and tofu, and stir-fry 4 minutes. Stir in vegetable stock, pineapple juice, soy sauce, and sesame oil, and bring to simmer. Cook over medium heat, stirring often, until sauce has thickened, 4 to 5 minutes. Reduce heat to low, and blend in peanut butter.
3. Transfer noodles to serving plates, and spoon mango and vegetable mixture over top. Serve right away.

Nutrition Information

Calories: 249

Carbohydrate Content: 27 g Cholesterol Content: 70 mg

Fat Content: 13 g Fiber Content: 2 g

Protein Content: 11 g Saturated Fat Content: 2 g

Sodium Content: 216 mg

Caribbean Shrimp Tacos

Flavorful Caribbean Shrimp Tacos with Cabbage Mango Slaw and Cuban Style Blackbeans...healthy and flavorful!

Author: Sylvia Fountaine | Feasting at Home Blog Prep Time: 25 mins Cook Time: 5 mins Total Time: 30 mins Yield: 4 Category: Main Cuisine: Caribbean

ingredients

1 lb large raw shrimp- thawed, peeled and deveined

1-2 tsp oil

¼ tsp salt

¼ tsp sugar

1 tsp yellow curry powder

½ tsp allspice

½ tsp cinnamon

½ teaspoon cumin

½ tsp ground ginger

¼ tsp cayenne or chipotle

Mango Cabbage Slaw- 2 Cups

Cuban Style Black Beans (1-2 Cans)

6-8 toasted corn & flour tortillas (6 inch)

instructions

Pat dry shrimp really well. Drizzle with just enough oil to lightly coat- 1 to 2 teaspoons.

Mix all spices, salt and sugar in a small bowl. Toss spices with shrimp, mixing well. Set aside and make Mango Cabbage Slaw.

Grill the shrimp over medium high heat...or pan sear on med-high in a well oiled cast-iron skillet, until just cooked. Squeeze with 1/2 lime.

Serve with grilled or toasted tortillas (this is important, see above) and Cuban Style Black beans (black beans seasoned with cumin, chipotle, salt and cilantro)- or purchase “cuban style” canned black beans from Trader Joes