

## Diet

The Puerto Rican diet has been very influenced by its indigenous, former slave, colonial, and immigrant populations. These influences have helped the locals consume a wide variety of foods and get most of their needed nutrients. Staples include kidney beans, yucca, gandules (pigeon peas), black beans, plantains, rice, pork, fish, and eggs. The unique Puerto Rican flavor of their cuisine often comes from a blend of herbs and spices called adobo and sofrito.

## Healthy recipe

### Plantain fritters (serves 4-6)

#### *Ingredients*

3 ripe plantains (partially black)

1 egg, beaten

1 tbsp. flour

3 cloves garlic, crushed

½ tsp. cayenne pepper or 1 tsp. sofrito

1 ½ tsp. baking powder

Canola oil (enough to grease the bottom of the skillet—less than 1/8")

#### *Directions*

1. With the peelings still on, cut each plantain into three pieces. Place all pieces into boiling water.
2. Boil for about 15 minutes, or until the plantains are softened. Remove from water and let cool.
3. In a mixing bowl, mix the beaten egg, flour, garlic, pepper, and baking powder.
4. When plantains have cooled, peel and put into separate mixing bowl. Mash until smooth. (This can also be done in a food processor.)
5. Add egg mixture to mashed plantains and mix well.
6. Form into balls and flatten out into patties of about 2-1/2 inch diameter. Set patties on large plate.
7. Heat the canola oil in a large skillet. When oil is hot, add patties.
8. Brown on both sides, sprinkling salt on the tops to taste. Remove from skillet when done.
9. Serve with Puerto Rican beans and rice.