



GREEN SLIME NACHO CUPS

Total Time (minutes)
25

Difficulty
1

Servings
4

Ingredients
7

Total Prep Time: 5 minutes

Calories Per Serving: 120

NUTRIENTS

Tip: Season dip with chopped cilantro and pinch of chili powder or cumin, if desired.

INGREDIENTS

Recipe inspired by Disney and Pixar Monsters, Inc.

- 1 DOLE® Plantain, green starting to turn yellow, peeled and thinly sliced lengthwise
- 1 ½ tsp canola oil
- ¼ tsp salt, divided
- 1 DOLE® Avocado, halved, pitted and peeled
- ½ cup thinly shredded DOLE® purple cabbage
- 1 Tbsp lime juice
- 1 clove garlic, minced

DIRECTIONS

- 1 PREHEAT oven to 400°F. Toss plantain slices with oil and season with pinch salt. Arrange slices in a single layer with no overlapping on a parchment paper-lined baking sheet.
- 2 BAKE for 16-20 minutes or until lightly golden. Take baking sheet out of the oven and flip plantain slices over about halfway through cook time.
- 3 SCOOP out flesh of avocado with a spoon into small bowl and mash, reserving half an avocado shell. Stir mashed avocado with lime juice, garlic and remaining salt. Stir in slaw reserving a few shreds for garnish. Scoop into reserved avocado shell and smooth top with back of spoon. Stick reserved cabbage shreds out of avocado mixture to look like hair.
- 4 SERVE slime nacho cups with plantain chips.

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