



Plantain

- ◆ Plantains are a member of the banana family.
- ◆ They are a starchy, low in sugar variety that is cooked before serving.
- ◆ Plantains are native to India and are grown most widely in tropical climates.
- ◆ The photo shows an unripe cooking plantain, green in color. The flavor of the flesh is bland and it's texture is starchy...ripe plantain is black yellowish color, sweeter flavor and more of a banana aroma.

Plantains

Starchy

Used as a vegetable

Longer than bananas

Thicker skin

Resemble green bananas, but may be green, yellow or black

Bananas

Sweet

Eaten as a fruit

Shorter than plantains

Thinner skin

Color is green when not fully ripe, yellow when ripe