**Tostones “Plantains”**

1. For the hard plantains, tostones, buy them when they are green.

2. In an iron pot (same used for rice), pour enough oil into the pot to cover the bottom and a little above that and leave on low heat.

3. Cut off the end of the plantains and slice down the middle with the tip of the knife and peel off the peel under water.

4. Take the plantain and on a cutting board slice the plantain diagonally.

5. Place in the oil and flip until golden brown take them out when they are light gold on each side and place them on a paper towel to drain the oil.

6. With the bottom of a cup or spoon smash them down until they are a little flatter and put them back in the oil for a few minutes.

7. After they are done, sprinkle garlic powder on them if desired.

8. Dipping sauce- Pour Olive oil into a little saucer and pour garlic powder into the olive oil and mix. You can have more oil or garlic if desired.