Sautéed Plantains

1T butter

2T lemon juice

2-8T unsweetened pineapple juice

2 ripe plantains, peeled and quartered

¼c brown sugar

½t cinnamon

Dash cloves

3T rum

In a large skillet melt butter over med-high heat. Stir in lemon juice and 2T pineapple juice. Add the plantains. Sprinkle plantains with brown sugar, cinnamon and cloves. Reduce heat and simmer for 15min; adding pineapple juice as needed. Add rum and cook about 2min or until thickened. Serve with vanilla frozen yogurt.

**Note:**

Plantains are ripe when black. If they are not ripe in the store you can ripen them at home by leaving them on the counter for 1-2wks.