

Bananas a la Orange

Ingredients:

- 2 medium, firm bananas, peeled, cut lengthwise
- 1/2 Tablespoon trans-fat-free margarine
- 1 Tablespoon light brown sugar
- 1/4 cup orange juice
- 1/8 teaspoon ground cinnamon
- 1/2 cup fat-free frozen yogurt

Instructions:

Peel and cut bananas in half lengthwise. Melt margarine in a nonstick skillet over medium-high heat. Add brown sugar and lay the banana slices on top, cut side up. Cook undisturbed for 20 seconds. Add orange juice and cinnamon. Cook for 10 seconds, then turn bananas carefully and cook for 45 to 60 seconds more, basting with the pan sauce.

Divide the bananas between two dessert plates, drizzling the sauce on top. Serve immediately, with a dollop of fat-free frozen yogurt.

Makes 2 servings



Nutrition Information		Per Serving
Calories		215
Fat		3 g
Saturated fat		1 g
Cholesterol		2 mg
Protein		3 g
Carbohydrates		47 g
Fiber		4 g
Sodium		76 mg