



Bananas Foster *in a new light*

Makes: 4 servings

Prep Time: 5 minutes

Cook Time: 10 minutes

Difficulty: Easy

Ingredients:

- 1/2 cup water
- 3 tablespoons packed dark brown sugar
- 1/4 teaspoon cinnamon
- 2 teaspoons unsalted butter
- 4 small bananas, peeled and halved, sliced in half lengthwise
- 1/4 teaspoon vanilla extract
- 2 tablespoons dark rum (or 1 tablespoon lemon juice and 2–3 drops rum extract, for nonalcoholic version)

Directions:

Combine water, sugar and cinnamon in medium long-handled skillet or flambé pan (not nonstick). Bring to a boil over medium heat, stirring to dissolve sugar; reduce heat and continue cooking and stirring until sauce thickens slightly, about 3 minutes.

Swirl in butter and, when it melts into sauce, add bananas and vanilla. Cook, shaking pan occasionally and gently turning slices over once, until bananas are caramelized but not mushy, 2–3 minutes.

(If preparing nonalcoholic version: Add lemon juice and rum extract, if using; heat through 30 seconds more, gently turning to coat bananas. Serve at once.)

Remove from heat and pour in rum; let rum heat a few seconds, then light the pan with lighter or long match. Let flame die down and serve at once.

Nutritional Information: *Per serving (4 banana pieces, with about 1/2 tablespoon sauce, made with rum): 160 calories, 2.5 g fat (1.5 g saturated, 0 g trans), 5 mg cholesterol, 0 mg sodium, 33 g carbohydrate, 3 g fiber, 1 g protein.*

Nutritional Information: *Per serving (4 banana pieces, with about 1/2 tablespoon sauce, made without rum): 150 calories, 2.5 g fat (1.5 g saturated, 0 g trans), 5 mg cholesterol, 0 mg sodium, 34 g carbohydrate, 3 g fiber, 1 g protein.*

Material reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics.

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and Education**
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A good balance of the right foods, along with regular exercise and your prescribed medications, can help you feel better and stay healthier. As with any meal, remember to pay attention to portion size and enjoy every dish as part of your overall meal plan. Work with your health care team to determine a meal plan that works for you.