

**Misc.**

---

## **Caramel Bananas**

Food Network Magazine - June 2011

**Preparation Time: 10 minutes**

**Start to Finish Time: 10 minutes**

**4 tablespoons unsalted butter**

**3 firm yellow bananas, chopped or sliced**

**3 tablespoons packed light brown sugar**

**pinch salt**

Melt the butter in a large skillet over medium-high heat.

Add the bananas, stirring to coat.

Sprinkle in the brown sugar and salt. Cook, stirring, until the bananas are tender and coated with the sauce, 2 to 4 minutes.

Spoon warm over ice cream.

Serving Ideas: Can be used as an ice cream topping.

Yield: 2 cups

---

Per Serving (excluding unknown items): 562 Calories; 46g Fat (71.8% calories from fat); trace Protein; 40g Carbohydrate; 0g Dietary Fiber; 124mg Cholesterol; 22mg Sodium. Exchanges: 9 Fat; 2 1/2 Other Carbohydrates.