

Dessert

Chocolate Banana Bundles

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Servings: 4

Start to Finish Time: 30 minutes

2 tablespoons butter

1/4 cup packed brown sugar

2 medium ripe bananas, halved lengthwise

1 sheet frozen puff pastry sheet, thawed

4 ounces semisweet chocolate, melted

vanilla ice cream (optional)

Preheat oven to 400 degrees.

In a large skillet, melt the butter over medium heat.

Stir in the brown sugar until blended.

Add the bananas. Stir to coat. Remove from the heat and set aside.

Unfold the puff pastry. Cut into four rectangles.

Place a halved banana in the center of each square. Overlap two opposite corners of pastry over the banana. Pinch tightly to seal.

Place on parchment paper-lined baking sheets.

Bake for 20 to 25 minutes or until golden brown.

Drizzle with the chocolate.

Serve warm with ice cream, if desired.

Per Serving (excluding unknown items): 581 Calories; 38g Fat (56.6% calories from fat); 6g Protein; 59g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 223mg Sodium. Exchanges: 2 Grain(Starch); 7 1/2 Fat; 2 Other Carbohydrates.