

Caramelized Bananas Recipe

Adapted from the Eating Well Website

Yields 2 servings

Ingredients:

2 medium-small firm bananas, peeled
1/2 tablespoon butter
3 tablespoons light brown sugar
1/4 cup dark rum (optional)

Directions:

Slice bananas into rounds about 1/4" thick. Melt butter in a nonstick skillet over medium-high heat. Add brown sugar and lay the banana slices on top. Cook undisturbed for 20 seconds, then add rum (if using). Cook for 10 seconds, then turn bananas carefully and cook for 45 to 60 seconds more, basting with the pan sauce.