

# BANANAS FOSTER

This recipe, from Scott Uehlein, executive chef at the renowned Canyon Ranch Health Resort in Tucson, Arizona, is surprisingly simple. Essentially, it's a phyllo dough turnover with fruit filling. It comes out flaky and delicious. You'd never know it was lowfat.

## — ingredients —

2 tsp butter  
2 tsp sugar  
3 small bananas, thinly sliced  
2 tsp rum  
1 tsp banana liqueur (may use other flavored liqueur to taste)  
4 sheets phyllo dough  
Canola oil

## — preparation —

Preheat oven to 400°F. In a small pan, melt butter over medium heat. Add sugar and dissolve. Add bananas and cook 1 minute. Add rum and liqueur and cook 1 minute more. Remove from heat. On a work surface lay 1 sheet of phyllo at a time with the narrow end toward you. Lightly spray or brush the sheet with oil. Fold sheet into thirds, lengthwise. Spray again with oil. Spoon 3 tbsp filling onto phyllo strip, about 1 1/2 inches from the bottom and slightly to the left. Fold up a 1 1/2-inch flap to cover filling. Fold lower left corner of phyllo diagonally to the right side of dough to cover filling. Continue folding flag-style until you reach the end of the sheet. Repeat with remaining phyllo sheets and filling. Place turnovers onto a baking sheet lightly coated with oil. Bake 15 minutes or until golden brown. Serve warm.

Nutritional analysis per serving: 175 calories, 2 g fat (0.5 g saturated fat), 36 g carbohydrates, 1 g fiber  
Makes 4 servings.

\*If you don't have phyllo on hand, just serve the bananas over ice cream!