

# FRUIT OF THE MONTH

## BANANA

Bananas are the most popular fresh fruit in the United States. They have a peel that comes off easily, they ripen after they've been picked, there is a generous supply all year, and they are inexpensive. Bananas have both a high amount of carbohydrates as well as potassium, which also makes them the fruit of choice for many athletes.

(Wellness Encyclopedia of Food and Nutrition, 1992).

### Banana

Serving Size 1 - medium (126g/4.5oz)

Amounts Per Serving		% Daily Value*
Calories	110	
Calories from Fat	0	
Total Fat	0g	0%
Sodium	0g	0%
Potassium	400mg	11%
Total Carbohydrate	29g	10%
Dietary Fiber	4g	6%
Sugars	21g	
Protein	1g	
Vitamin A		0%
Vitamin C		15%
Calcium		0%
Iron		2%



## Varieties:

The very popular yellow banana of Cavendish is the banana we see in grocery stores. However, Plantains, Finger Bananas and Red Bananas are also popular varieties. Most all have a soft texture when ripe.



## Selecting:

Avoid bananas with brown spots and seem very soft. Select those bananas with a nice color, specific for the variety. Fruit that is firm and free of bruises. Best eating quality has been reached when the solid yellow skin color is speckled with brown. Bananas with green tips or with practically no yellow color have not developed their full flavor. They should not have a strong odor, which would indicate they are overripe.

## Storing:

To further ripen bananas leave at room temperature for a couple of days. Once ripe you can store in the refrigerator for 3 to 5 days. The peel may turn brown in the refrigerator, but the fruit will not change.

## Make Bananas Part of your 5 A Day Plan:

It is easy to include bananas in your 5 A Day Plan. Use sliced bananas in cereal, yogurt, or on a peanut butter sandwich. Carry bananas in your lunch or use as a snack. For a cool refreshing treat, cut a banana into chunks and put in the freezer. Take out in a couple of hours and enjoy.



# Recipes with Appeal

## Island Banana Dessert

1 teaspoon butter  
1 teaspoon sugar  
1/2 teaspoon cinnamon  
nonfat cooking spray  
1 small can pineapple chunks (not drained)  
2 medium size bananas  
low fat or fat free frozen vanilla yogurt.

Spray a large skillet with the cooking spray and heat the butter, sugar and cinnamon. Peel and slice bananas lengthwise and add to skillet, along with the pineapple. Turn banana slices on both sides until they are tender. Place banana slices on separate plates and put half of the pineapple mixture on top. Add a scoop of frozen yogurt to each plate and top with remainder of pineapple mixture.

## Banana Pancakes

2 ripe bananas peeled  
1 egg  
3/4 cup skim milk  
nonfat cooking spray  
1 cup low fat pancake mix  
2 teaspoons vegetable oil  
1/2 teaspoon ground cinnamon  
low fat syrup or fruit topping  
powered sugar

Mash bananas in a bowl and add the egg, milk and oil. In another bowl combine the pancake mix and cinnamon. Combine banana mixture and dry ingredients together. Spray a skillet and place on high heat. Pour pancake batter into skillet in desired portions. Cook pancake according to pancake directions. Serve sprinkled with powered sugar or fruit topping with fat free vanilla yogurt.

## Banana Breakfast Shake

Makes 2 servings

### Ingredients

- 1 very ripe, medium banana, peeled
- 3/4 cup pineapple juice
- 1/2 cup lowfat vanilla yogurt
- 1/2 cup strawberries, stem removed and rinsed



1: Break banana into small pieces and put in the blender with pineapple juice, yogurt, and strawberries. Secure lid and blend until smooth.

2: Divide shake between two glasses and serve immediately.

### Per Serving

- 168 calories
- 4 g protein
- 1 g fat (.59 g sat.)
- 35 g carbohydrate
- 43 mg sodium
- 3 mg cholesterol