

# Market District Demo Recipes

## Dessert



THE OHIO STATE  
UNIVERSITY

WEXNER MEDICAL CENTER

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## Pan Fried Cinnamon Bananas

Serves: 2

Modified from: [www.MyRecipes.com](http://www.MyRecipes.com)

**Items Needed:** skillet, cutting board, knife, measuring spoons

### Ingredients:

- 2 ripe (but firm) bananas
- 2 Tablespoons sugar
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1-2 teaspoons olive oil, for greasing the skillet

### Directions:

1. Slice bananas into rounds, approximately 1/3" thick.
2. Combine sugar, cinnamon, and nutmeg in a small bowl. Set aside.
3. Lightly grease a large skillet with olive oil and warm over medium heat.
4. Once the skillet is hot, add the banana rounds and cook for 2-3 minutes without flipping over.
5. During the last minute, sprinkle about half of the cinnamon mixture over bananas.
6. Flip over and sprinkle with another half of the cinnamon mixture, and cook about 2-3 additional minutes.
7. Serve immediately. Can be eaten as is or served on top of yogurt, oatmeal, graham crackers and peanut butter. Use only ¼ of the recipe if used as a topping.

### Nutrition Information (per ½ of recipe):

Calories: 180 Fat: 2 g Carbs: 38 g Protein: 1 g Fiber: 3 g Sodium: 2 mg

With ½ cup low-sugar, non-fat Greek yogurt (like Oikos Triple Zero): adds 75 calories, 10 g carbs, 10 g protein, 50 mg sodium

With 1 graham cracker square + 1 Tablespoon peanut butter: adds 150 calories, 15 g carbs, 8 g fat, 6 g protein, 130 mg sodium