

Fruit of the Month

Banana



Nutrition Facts

Serving Size (118g)
Servings Per Container

Amount Per Serving

Calories 110 **Calories from Fat 5**

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 28g **9%**

Dietary Fiber 3g **12%**

Sugars 22g

Protein 1g

Vitamin A 2% • Vitamin C 20%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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).

Selection

Avoid bananas with brown spots that seem very soft. Select those bananas with a nice color, specific for the variety. Choose 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. Bananas are overripe when they have a strong odor.

Storage

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.

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.

Make Bananas Part of 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

Banana Nut Smoothie

Makes 4 (1 cup) servings

Each serving equals one 5 A Day serving

Recipe source: Produce for Better Health

- 2 bananas, ripe
- 2 cups pineapple juice
- 2 Tbsp creamy peanut butter
- 2 tsp plain yogurt
- 1 $\frac{1}{2}$ tsp vanilla extract
- 6 ice cubes
- 1 tsp nutmeg



Combine all ingredients, except nutmeg, in blender. Cover and run on high until smooth and well-blended. Sprinkle with nutmeg.

Nutritional analysis per serving: calories 191, protein 3g, fat 5g, percent calories from fat 21%, cholesterol 0mg, carbohydrates 35g, fiber 2g, sodium 46mg

Banana Berry Jumble

Makes 2 servings

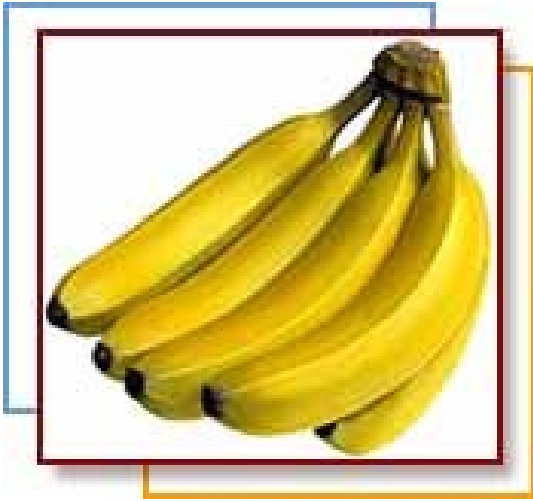
Each serving equals one 5 A Day serving

Recipe source: Produce for Better Health

- 2 bananas, halved and cut into $\frac{1}{2}$ inch pieces
- $\frac{3}{4}$ cup cranberries, fresh or frozen
- $\frac{1}{4}$ cup oats
- $\frac{1}{2}$ tsp nutmeg

Combine all ingredients in a large, non-stick skillet. Cook on medium-high heat just until cranberries begin to soften, stirring occasionally. Remove from heat; cool slightly. Spoon into bowls and top with whipped topping or frozen yogurt, if desired.

Nutritional analysis per serving: calories 212, protein 4g, fat 2g, percent calories from fat 8%, cholesterol 0mg, carbohydrates 50g, fiber 7g, sodium 2mg



Baked Bananas with Orange/Lemon Sauce

Makes 4 servings

Each serving equals one 5 A Day serving

Recipe source: Produce for Better Health/Carol Withers

4 bananas

$\frac{1}{4}$ cup orange marmalade

2 Tbsp lemon juice

1 Tbsp grated orange peel

1 Tbsp grated lemon peel

2 mint sprigs (for garnish, optional)

Remove ends from bananas. With a knife, slit banana skin on the back of each banana from top to bottom, but leave the skin on the banana (to keep the banana from bursting). Bake bananas in their skins in a 375-degree oven for 20 minutes. Meanwhile, mix marmalade and lemon juice. When done, remove bananas from oven and discard the skin. Center each banana on a dessert plate. Pour $1\frac{1}{2}$ Tbsps sauce over each banana. Mix orange and lemon peels and sprinkle $1\frac{1}{2}$ tsps over each banana. Garnish with mint.

Nutritional analysis per serving: calories 169, protein 2g, fat 1g, percent calories from fat 4%, cholesterol 0mg, carbohydrates 43g, fiber 4g, sodium 2g

Tropical Pork Kabobs

Makes 4 servings

Each serving equals one 5 A Day serving

- 1 lb pork loin, boneless, cut into 3/4 inch cubes
- 1/4 cup orange juice
- 1/4 tsp cinnamon
- 2 bananas, sliced
- 8 skewers, wooden (soak in water before using) or metal
- 1/3 cup orange marmalade
- 2 Tbsp honey
- 1 can (15 oz) pineapple chunks
- 1 can (11 oz) mandarin oranges



In a small saucepan, mix together the marmalade, orange juice, honey and cinnamon. Stir over low heat until mixture bubbles gently. Divide pork cubes into 4 equal parts and thread on 4 skewers. Fill remaining 4 kabobs with pineapple, bananas, and mandarin oranges. Place fruit kabobs on large plate and coat with glaze. Spoon remaining glaze over pork kabobs. Grill or broil about 4 inches from heat source, turning and basting with glaze frequently. Cook for 10 minutes or until lightly browned. Serve immediately with fruit kabobs.

Nutritional analysis per serving: calories 397, protein 23g, fat 9g, percent calories from fat 19 %, cholesterol 56mg, carbohydrates 59g, fiber 2g, sodium 421mg