



Grilled Bananas Foster

INGREDIENTS

4 medium unpeeled
bananas, trimmed
7 tbsp Hy-Vee unsalted
butter, divided
2 tbsp packed Hy-Vee light
brown sugar, divided
4 tbsp Hy-Vee Select 100%
pure maple syrup
2 tbsp Cross Keys
Barbados rum
8 (2x2-in.) pieces Hy-Vee
Bakery chocolate picnic
cake
Hy-Vee vanilla ice cream,
for serving

PREPARATION

- 1** Prepare a charcoal or gas grill with a greased grill rack for direct cooking over medium heat.
- 2** Cut unpeeled bananas lengthwise in half; brush cut sides with 1 tablespoon melted butter and sprinkle with 1 tablespoon brown sugar.
- 3** Arrange bananas, cut sides down, on grill rack. Grill for 5 to 6 minutes or until peels are dark brown and bananas are softened. Remove from grill; cool slightly. Remove peels from bananas; cut each crosswise in half.
- 4** Place a large cast-iron skillet on grill rack to preheat. Remove skillet and add remaining 6 tablespoons butter, maple syrup, and rum. Return skillet to grill. Cook and stir for 4 to 5 minutes or until bubbly. Stir in remaining 1 tablespoon brown sugar until dissolved. Add bananas and cook for 4 minutes more. Remove skillet from grill.
- 5** To serve, place 2 bananas pieces on each piece of cake; top with a scoop of ice cream and rum sauce.

NUTRITION FACTS

Calories: 225
Total Fat: 11g
Saturated Fat: 7g
Trans Fat: 1g
Cholesterol: 30mg

Sodium: 60mg
Carbohydrates: 29g
Fiber: 1g
Sugar: 20g
Protein: 1g