

## **Pan-Fried Bananas**

- 6 firm bananas (use all yellow or slightly green tipped bananas)
- ¼ cup melted butter or margarine
- Salt

Peel bananas. Keep whole or cut crosswise into halves. Fry bananas slowly in butter or margarine until tender... easily pieced with a fork... turning the bananas, until evenly browned. Sprinkle lightly with salt. Serve hot as a vegetable. Six servings.

Meal suggestions: Pan-Fried or Broiled Bananas, served as a hot vegetable, are excellent flavor partners with fish, meat, poultry or eggs for luncheon or dinner. Pan-Fried Bananas with Hamburg Patties and Whole Carrots make an appetizing, colorful and nutritious plate combination.

Circa 1949- Loblaws grocery stores