

# Banana Casserole

Jewell Graeber - Marks, MS

Treasure Classics - National LP Gas Association - 1985

**Yield: 6 to 8 servings**

*1 stick butter or margarine  
1/2 pound light brown sugar  
juice of two lemons  
1 teaspoon cinnamon  
1 teaspoon nutmeg, fresh  
ground  
6 to 8 medium firm bananas  
3 ounces white rum*

**Preparation Time: 20 minutes****Bake Time: 20 minutes**

In a saucepan, melt the butter and sugar over low heat. Remove from the heat. Add the lemon juice, cinnamon and nutmeg.

Cut the bananas in half lengthwise and then in half again. Place in a 1-1/2 quart flat casserole dish, close together. Pour the lemon liquid over the bananas. Cover the casserole.

Bake at 325 degrees for 15 to 20 minutes. When the fruit is tender, remove.

While hot, pour the rum over the bananas and serve while warm. (Be sure that you do not overcook.)

Best when served with chicken, lamb or pork.

(This can be a good vegetable substitute for sweet potatoes.)

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Per Serving (excluding unknown items): 1869 Calories; 92g Fat (48.1% calories from fat); 1g Protein; 223g Carbohydrate; 1g Dietary Fiber; 248mg Cholesterol; 1027mg Sodium. Exchanges: 0 Grain(Starch); 18 1/2 Fat; 14 1/2 Other Carbohydrates.