

Roasted Banana Pudding

The Enlightened Cook

Cooking Light Magazine - August 2011

Servings: 10

Preparation Time: 36 minutes

Start to Finish Time: 2 hours 26 minutes

This recipe produces only 295 calories, 5.6 grams fat, and 2.1 grams saturated fat per serving.

5 medium (about 2 lbs) bananas, unpeeled

2 cups 2% reduced-fat milk

2/3 cup sugar, divided

2 tablespoons cornstarch

1/4 teaspoon salt

2 large eggs

1 tablespoon butter

2 teaspoons vanilla extract

1 container (12 oz) frozen fat-free whipped topping, thawed and divided

45 vanilla wafers, divided

Preheat oven to 350 degrees.

Place the bananas on a jelly-roll pan covered with parchment paper.

Bake for 20 minutes.

Remove three bananas and cool completely. Peel and cut into 1/2-inch-thick slices.

Bake the remaining two bananas for an additional 20 minutes. Carefully peel and place the bananas in a small bowl. Mash with a fork until smooth.

In a saucepan over medium-high heat, combine the milk and 1/3 cup of sugar. Bring to a simmer (Do not boil).

In a medium bowl, combine the remaining sugar, cornstarch, salt and eggs. Stir well with a whisk.

Gradually add the hot milk mixture to the sugar mixture, stirring constantly with a whisk. Return the milk mixture to the pan.

Cook over medium heat until thick and bubbly (about 3 minutes), stirring constantly. Remove from the heat.

Add the mashed bananas, butter and vanilla, stirring until the butter melts.

Place the pan in an ice-filled bowl for 15 minutes or until the mixture becomes room temperature, stirring occasionally. Fold half of the whipped cream into the pudding.

Spread one cup of the custard evenly over the bottom of an 11x7-inch baking dish. Top with 20 vanilla wafers and half of the banana slices. Spoon half of the remaining custard over the banana.

Repeat the procedure with 20 wafers, banana slices and custard.

Spread the remaining whipped topping evenly over the top.

Crush the remaining wafers and sprinkle over the top.

Refrigerate for 1 hour or until chilled.

Yield: 10 2/3 cup servings

Per Serving (excluding unknown items): 267 Calories; 8g Fat (25.2% calories from fat); 3g Protein; 48g Carbohydrate; 2g Dietary Fiber; 46mg Cholesterol; 162mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Fruit; 1 1/2 Fat; 2 Other Carbohydrates.