



## Featured fruit for March 2008: Bananas

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### Health benefits

Bananas and plantains are a remedy for upset stomachs and help strengthen stomach lining against excess acid and ulcers. The pectin in bananas may be helpful in fighting colon cancer as well as lowering blood cholesterol.

### How to select and store

The best time to buy bananas is when they are about 75% yellow with a small amount of green at both ends. They should be firm, plump and brightly colored without blemishes.

### FEATURED RECIPE: Cocoa Bottom Banana Bars

#### Ingredients:

1/2 cup light margarine  
1 cup Splenda sugar substitute  
2 egg whites  
1 teaspoon vanilla  
1 1/2 cups mashed bananas  
1 1/2 cups all-purpose flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
1/2 teaspoon salt  
1/4 cup cocoa

#### Directions:

Preheat oven to 350 degrees. Spray 13x9 pan with cooking spray. Cream margarine and splenda. Add egg whites and vanilla, beat until combined. Blend in bananas. Combine flour, baking soda, baking powder and salt. Add to creamed mixture. Divide batter in half and add cocoa. Mix well. Spread cocoa batter into pan. Spread remaining batter over this and swirl with knife. Bake 25-30 min till toothpick comes out clean.

Items highlighted in **red** can be purchased at R&R Produce.

### For more information

For more information about the **What's For Dinner Tonight?** program, contact Philonda Short at 404-463-2748 or [pmsshort@dhr.state.ga.us](mailto:pmsshort@dhr.state.ga.us).

