

Hot Fruit Compote

Open cans and you have a tasty fruit dish.
Great substitute for fresh fruit.

NEUTROPENIA

MAKES 12 TO 15 SERVINGS

- 2 bananas, sliced
- 1 tablespoon lemon juice
- 1 (29-ounce) can “lite” sliced peaches, drained
- 1 (16-ounce) can “lite” pear halves,
drained and sliced
- 1 (16-ounce) can “lite” apricot halves, drained
and sliced
- 1 (16½-ounce) can pitted Bing cherries, drained
- 1 (20-ounce) can pineapple chunks in its own
juice, drained
- ¼ cup cornstarch
- 1 cup light brown sugar
- ½ teaspoon curry
- 6 tablespoons margarine, melted

Preheat oven to 350 degrees. Sprinkle bananas with lemon juice. Mix peaches, pears, apricots, cherries, and pineapple with bananas. Transfer to a 3-quart glass baking dish. In small bowl, combine cornstarch, brown sugar, and curry. Sprinkle over fruit. Drizzle margarine over top of dish. Bake, covered, for 30 minutes. Uncover, and bake for another 15 minutes or until bubbly.

Nutritional information per serving

Calories 188, Protein (g) 1, Carbohydrate (g) 38,

Fat (g) 5, Cal. from Fat (%) 21, Saturated Fat (g) 1.

Dietary Fiber (g) 2, Cholesterol (mg) 0, Sodium (mg) 66.

Diabetic Exchanges: 1.5 fruit, 1 other carb., 1 fat

DOC'S NOTES:

This is a great source of fruit when you are neutropenic and cannot have fresh fruit. The fruits provide Vitamins A and C and beta carotene.