Skillet Fruit

Number of servings: 16

Ingredients:
- ½ teaspoon lemon rind zest**
- 1 ½ - 2 cups fruit (fresh or canned)
- ¼ cup fruit juice OR water
- 1 tablespoon brown sugar
- 1 tablespoon butter

Directions:
1. GRATE lemon zest. SET aside
2. SLICE or DRAIN fruits and SET aside.
3. In a large pot, STIR lemon zest, fruit juice OR water and brown sugar.
4. ADD butter and STIR until melted and sugar is dissolved.
5. ADD fruit.
6. MIX well and SERVE while hot.

Variations:
Fresh mango, papaya, banana, drained mandarin oranges, or other canned fruits may be used. Use skillet fruit in place of syrup on French toast, pancakes, or waffles.

** zest is the outer most skin of citrus fruits

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.