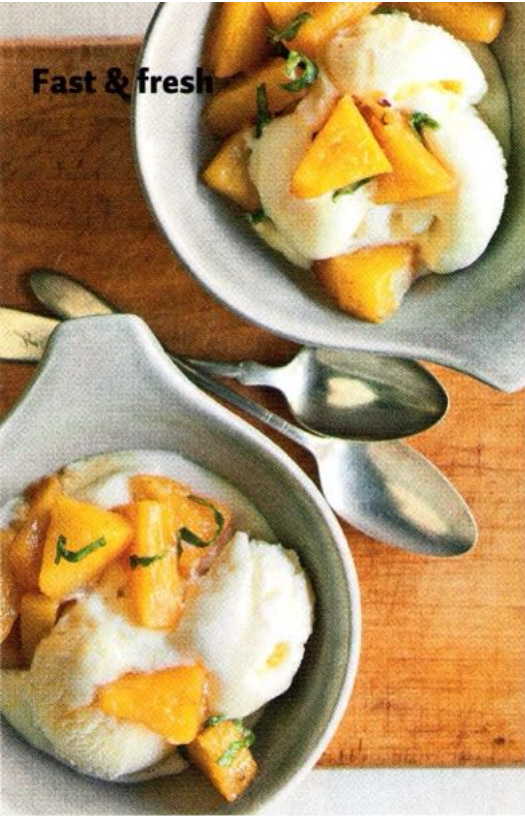


Fast & fresh



Pineapple and basil sundaes

Alison Cappuccio, Leavenworth, WA

SERVES 4 TIME 10 minutes

1 tbsp. butter

2 cups fresh pineapple chunks

¼ cup amaretto or other nut-flavored liqueur

2 tbsp. thinly sliced fresh basil leaves

1 pt. vanilla low-fat frozen yogurt

Melt butter in a medium frying pan over high heat. Add pineapple and cook until caramelized slightly, about 5 minutes. Add amaretto and cook until it resembles a syrup. Stir in basil. Scoop about ½ cup frozen yogurt into each of 4 serving dishes, then spoon warm pineapple on top.

PER SERVING 308 CAL., 22% (67 CAL.) FROM FAT; 9.6 G PROTEIN; 7.5 G FAT (4.3 G SAT.); 47 G CARBO (1.2 G FIBER); 77 MG SODIUM; 73 MG CHOL.