

Roasted Figs with Honey

12-15 figs

3 Tablespoons light margarine

3 Tablespoons honey

2 teaspoon vanilla

Frozen or plain yogurt to serve (optional)

Directions:

1. Rinse the figs clean and pat them dry. Trim off and discard any excess stem and cut the figs in half lengthwise. Set them aside.
2. In a medium frying pan, melt the butter over medium heat. Add the honey and gently stir it into the butter. When the mixture is fully combined add vanilla, set the figs, cut side down, in the honey butter mixture and cook, shaking the pan now and again to keep the figs from sticking and spooning the butter-honey over the tops of the figs, until everything is bubbling and the figs are starting to brown, about 5 minutes.
3. Serve figs hot or warm, along with frozen or plain yogurt.

Serves 4-6

Nutrient Analysis, per serving: 129 calories, 19g. carbohydrate, 6g. fat, 2mg. sodium