



# Baked Apples



Cooking Matters

## Ingredients



- 6 apples
- 1 lemon or 2 Tbsp lemon juice
- 3/4 cup chopped walnuts
- 1/2 cup raisins
- 1/4 cup brown sugar
- 1/2 tsp ground cinnamon

Yield: 6 apples  
Serving Size: 1 apple

**Estimated Price:**

Yield (6 baked apples): \$7.23  
Serving Size (1 baked apple): \$1.20



## Directions



1. Preheat oven to 350° F.
2. Rinse apples.
3. Remove stems by cutting a 1-inch wide hole out of the top of each apple. Cut into the hole to remove and scoop out the core and seeds.
4. Rinse lemon and cut in half. In a small bowl, squeeze the juice from each half. Discard the seeds.
5. In a second small bowl, mix walnuts, raisins, and brown sugar.
6. Stuff the center of each apple with 1 heaping Tbsp of the walnut mixture. Sprinkle a pinch of cinnamon over the top of each apple.
7. Place stuffed apples upright in baking dish. Pour the lemon juice around them. Bake for 35-40 minutes, or until the skin is wrinkly. Spoon some of the pan juice over the apples about halfway through cooking to keep apples moist.
8. Remove from oven. Let cool slightly before serving.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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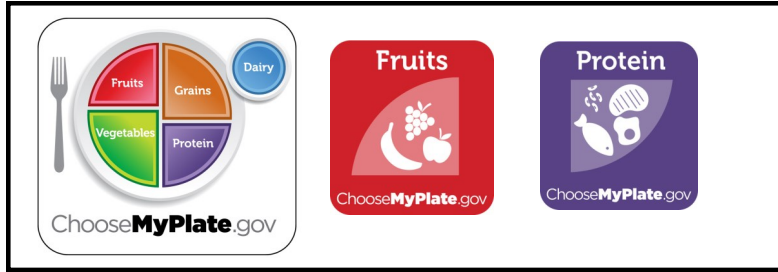
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# Fast Facts



## Featured Food Groups



## Cooking Tips

- Eat as a dessert or after-school snack.
- Use whatever sugar you have at home. White, raw, light, or dark brown sugar will all work. Or, try drizzling pure maple syrup over apples in place of sugar.
- Store leftover apples in an air-tight container in the fridge. Reheat in the microwave for 1 minute.

Second Harvest is an equal opportunity provider.

## Nutrition Facts



### Nutrition Facts

Serving Size 1 apple  
Servings Per Recipe 6

#### Amount Per Serving

**Calories** 250    **Calories from Fat** 90

**% Daily Value\***

**Total Fat** 10g    **13%**

Saturated Fat 1g    **5%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 5mg    **0%**

**Total Carbohydrate** 43g    **16%**

Dietary Fiber 5g    **18%**

Sugars 33g

**Protein** 3g

Vitamin A 2%    • Vitamin C 20%

Calcium 4%    • Iron 6%

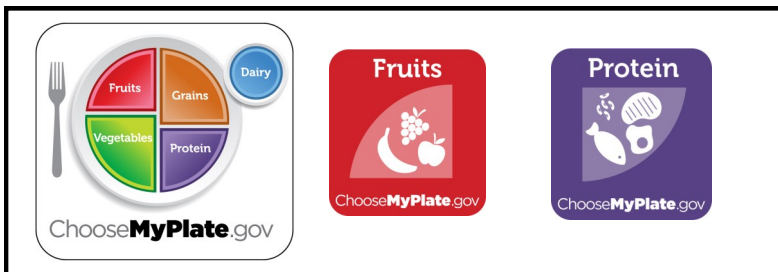
\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



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