



Baked Apples



From *Cooking Matters*

Ingredients



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



Yield: 6 apples Serving Size: 1 apple

Estimated Price: 6 baked apples: \$7.23
1 baked apple: \$1.20

Directions



1. Preheat oven to 350° F.
2. Rinse apples and remove stems by cutting a 1-inch wide hole in the top of each apple. Cut into the hole to scoop out the core and seeds.
3. Rinse lemon and cut in half. In a small bowl, squeeze the juice from each half. Discard the seeds.
4. In a second small bowl, mix walnuts, raisins, brown sugar, and cinnamon. 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.
5. Place stuffed apples upright in a 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.
6. Remove from oven. Let cool slightly before serving.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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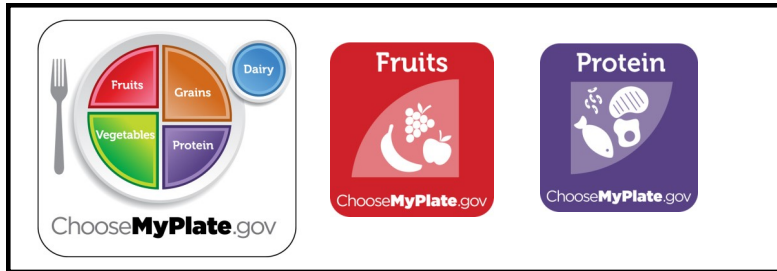
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Fast Facts



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%

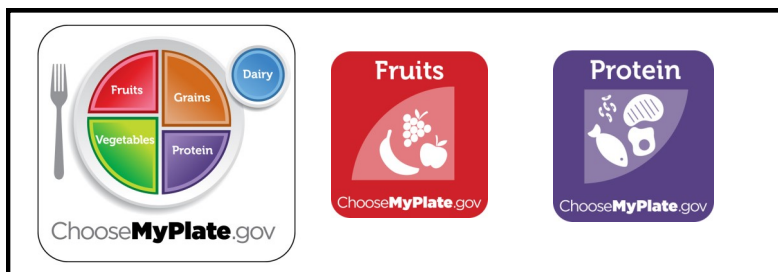
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



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