



# Baked Apples

## Ingredients

- 1 Apple
- 1-2 teaspoons brown sugar
- ½ tsp ground nutmeg
- ½ tsp ground cinnamon
- 1 tsp soft margarine

## Directions

1. Core the apple, leaving the bottom intact
2. In a bowl, mix the brown sugar, cinnamon and nutmeg. Spoon the sugar mixture into the apples and set the butter on top of the apple. Place the apple in a deep casserole dish and cover
3. Microwave for 3 minutes or until tender. Let the apple sit for a couple minutes before serving.

## Tips:

- Use a firm apple such as Fuji, Red Delicious or Granny Smith
- If you don't have a corer, use a paring knife to cut a wide mouth, angling it toward the center of the apple
- Do not cut all the way through the apple or the spices and butter will spill out and apple will not cook properly
- You can substitute a teaspoon of margarine for the butter if you prefer
- Additional toppings: raisins, dried cranberries, nuts, a small amount of maple syrup or honey
- If the apple is small, use a shorter microwave time. Start off with a shorter time. You can always put it back in for a little longer

Quick Nutrition Facts	New Jersey Apple Varieties	McIntosh
-Fat free	<b>Cortland</b>	Sweet with a slightly tart taste
- Saturated fat free	Slightly tart taste	Excellent for eating out of hand and sauces
- Sodium free	Excellent for eating, salads, sauces, pies, baking	Good in salads and pies
- Cholesterol free	Good for freezing	<b>Red delicious</b>
- High source of dietary fiber	<b>Fuji</b>	Slightly tart taste
<b>How to Store</b>	Very sweet taste	Good for all purpose use
Refrigerate apples in plastic bag away from	Excellent for fresh eating and salads	<b>Golden delicious</b>
foods with strong odors	Good for sauce	Sweet taste
Use within three weeks	<b>Granny Smith</b>	Excellent for eating out of hand, salads, sauces
	Tart tasting	Good to use in pies, baking
	Good for all purpose use	