

Savory Baked Apples



- 4 **baking apples**, such as Rome or Jonathan Gold
- 2 **Tablespoons brown sugar**
- 1 **Tablespoon candied ginger**, finely chopped
- 1 **teaspoon lemon zest**
- 1/2 **teaspoon cinnamon**
- 1/4 **teaspoon nutmeg**
- 1/2 **cup hot water**

- 1 Preheat oven to 375°F.
- 2 Core apples to 1/2 inch of bottom.
- 3 Combine the dry ingredients plus 1/2 teaspoon of the water in a small bowl and mix. Then spoon into the cavities of the apples until full.
- 4 Set apples in an 8" x 8" baking pan. Pour remaining water in the bottom of the pan, seal the pan with foil and bake 30 minutes, or until the apples are soft.
- 5 Serve warm. Optional toppings include a dollop of nonfat frozen yogurt or nonfat sour cream.

Per serving: 93 calories, 0 protein, 24g carbohydrate (2g fiber), 0g fat (0g sat, 0g mono/poly), 5mg sodium

Serves 4

SEASONED COOK

Use the remaining mixture by simmering 5-10 minutes and spooning it over the apples before serving. Make extra apples for breakfast too!