

# RECIPE



## Baked Apples with Maple-Walnut Sauce

Healing Foods Cookbook Winter 2011

Halving the apples before baking them saves cooking time and lets the fruit soak up more of the cinnamon-laced juices.

4 large apples, such as Gala or Granny Smith, halved crosswise and cored  
2 tsp lemon juice, divided  
2 T light or dark brown sugar  
¼ tsp ground cinnamon  
1 cup pure maple syrup  
¼ tsp salt  
½ cup chopped toasted walnuts

Preheat oven to 400 F. Brush cut sides of apples with 1 t lemon juice. Arrange apples, cut sides up, in a baking dish. Combine brown sugar and cinnamon in small bowl; sprinkle cut sides of apples with sugar mixture. Pour maple syrup in bottom of dish. Cover with foil, and bake 10 minutes. Uncover, and bake 15 minutes more, or until apples are tender. Transfer apples to serving platter. Pour syrup and pan juices into small saucepan, and stir in remaining 1 t lemon juice and salt; bring to a boil. Cook 2 minutes, or until thickened, whisking constantly. Stir in walnuts. Spoon sauce over apples, and serve warm.

Makes 8 servings, ½ apple each @ 224 calories, 1 g protein, 5 g fat, 47 g carbs, 42 mg sodium, 3 g fiber, 39 g sugar.