

## Baked Apples



### Makes:

6 servings

### Utensil:

Saladmaster Food Processor

12" Electric Oil Core Skillet

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### Contributed By:

Saladmaster Oil Core Skillet Healthy Cooking Guide

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<sup>1</sup>?<sub>2</sub>

cup

brown sugar, packed

(90

g)

5

tablespoons

fresh lemon juice

(75

mL)

1

teaspoon

fresh ginger, grated, use Cone #1

(2

g)

6

medium apples, tart, unpeeled, ends trimmed flat, halved horizontally, cored

<sup>1</sup>?<sub>2</sub>

teaspoon

cinnamon, (optional)

(1

g)

## Directions:

1. Preheat covered electric skillet to 250°F/120°C.
2. Place brown sugar, lemon juice and ginger into skillet and blend well and spread over surface.
3. Arrange apple halves in single layer in brown sugar mixture. Cover and cook 8 minutes.
4. Reduce temperature to 225°F/105°C. Carefully turn each apple half. Cover and cook 5-8 minutes until apples are crisp-tender.

## Tips:

- For dessert, serve warm with frozen fat-free yogurt or fat-free whipped topping.
- This dish also serves wonderfully as a side dish with pork, chicken or venison.

### Nutritional Information per Serving

**Calories:**

145

**Total Fat:**

1g

**Saturated Fat:**

0g

**Cholesterol:**

0mg

**Sodium:**

7mg

**Total Carbs:**

38g

**Dietary Fiber:**

3g

**Sugar:**

32g

**Protein:**

0g