

Baked Apples



Makes:

6 servings

Utensil:

Saladmaster Food Processor
12" Electric Oil Core Skillet

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Recipe:

Contributed By:

Saladmaster Oil Core Skillet Healthy Cooking Guide

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1/2 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
1/2 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 38g

Carbs:

Dietary Fiber: 3g

Sugar: 32g

Protein: 0g