

Spicy Baked Apples



Makes:

6 servings, 1 apple each

Utensil:

Saladmaster Food Processor
10" Electric Oil Core Skillet
small mixing bowl

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Contributed By:

Janet Potts, RD, LD

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¹?₄

cup

raisins, chopped

(36

g)

¹?₄

cup

sweetened dried cranberries, chopped

(36

g)

¹?₄

cup

dried apricots, chopped

(33

g)

2

tablespoons

pecans, finely chopped

(14

g)

1

tablespoon

orange peel, finely grated, use Cone #1

(6

g)

1

tablespoon

brown sugar, firmly packed

(14

g)

1

tablespoon

water

(15

mL)

¹/₂

teaspoon

cinnamon

(2.5

mL)

6

small Granny Smith apples, cored

1

cup

cranberry juice cocktail

(240

mL)

2

cinnamon sticks

4

whole cloves

Directions:

1. In a small mixing bowl, combine raisins, cranberries, apricots, pecans, orange peel, brown sugar, water and cinnamon. Set aside.
2. Stuff cored apples with fruit mixture and gently transfer to electric skillet. Pour cranberry juice cocktail in skillet. Place cinnamon sticks and cloves in juice. Cover.
3. Set digital probe to 225°F/107°C. Cook 15 minutes or until apples start to become tender. Serve warm or cold in a bowl, with or without juice.

Tips:

- Apples must be small enough to allow the lid to fit on the electric skillet. If using the 12" Electric Oil Core Skillet, increase cranberry juice cocktail to 1 1/2 cups.

– Nutritional Information per Serving

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Calories:

146

Total Fat:

2g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

4mg

Total Carbs:

35g

Dietary Fiber:

4g

Sugar:

25g

Protein:

1g