

## Souper Season of Comfort, Winter 2001

### Desserts

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#### Baked Sliced Apples

*Hello. Here's more fruit and vegetable news you can really enjoy. Try this simple dessert of baked Granny Smith apples. It's perfect for a winter evening. Get your oven nice and hot, about 500°F. Peel and core four Granny Smith apples and cut into ½-inch slices. Squeeze 2 oranges and grate the zest from one. Lay the apple slices in an ovenproof dish with 5 tablespoons of raisins and some chopped walnuts. Cover with the orange juice and drizzle honey on top. Season with ground cloves and cinnamon. Now sprinkle with orange zest and a few more walnuts. Cover with foil and bake 30 minutes. This is delicious when topped with low-fat vanilla yogurt. Each person gets 1½ fruit servings for dessert-what a great way to indulge in healthy living! So go on, do yourself a flavor. Enjoy your 5 or more servings of fruits and vegetables every day.*

#### Baked Sliced Apples

Serves 4

Provides 1½ fruit servings per person

- 2 oranges
- 2 tablespoons honey
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- 3 Granny Smith apples, peeled, cored, and cut in ½-inch slices
- 5 tablespoons raisins
- ¼ cup chopped walnuts, divided
- ¼ cup low-fat vanilla yogurt

1. Preheat the oven to 500°F. Grate the zest of one of the oranges and set aside. Squeeze the juice from both oranges into a small bowl. Stir the honey, cinnamon, cloves, and half the zest into the juice.

2. Lay half the apple slices in a glass baking dish. Scatter the raisins and 2 tablespoons of the walnuts on top. Pour on half the juice mixture and top with the remaining apples and juice.

3. Combine the remaining 2 tablespoons walnuts with the orange zest and scatter over the top. Cover lightly with foil and bake 30 minutes or until the apples are soft and the juices, bubbly.

4. Serve warm or cold with a dollop of low-fat vanilla yogurt.

#### Nutritional Analysis

206 calories

6 g fat

24% calories from fat

1 g saturated fat

4% calories from saturated fat

41 g carbohydrates

13 mg sodium

4 g dietary fiber