

“How about Them Apples?”

Everything they say about apples is true—including bushels of ripe ones being available right now. It may be a flavonoid called quercetin that keeps the doctor away. Or perhaps it's the pectin, a soluble fiber believed to reduce blood cholesterol. This recipe adds the phytochemicals in raisins, oats, walnuts, cinnamon and nutmeg to the mix. The more you substitute this delicious dessert for cookies and ice cream the leaner and healthier you'll be.

Baked Apples With Maple Yogurt Sauce

4 large, firm, tart apples, such as Fuji, Pink Lady, or Gala
1-2 Tbsp. packed brown sugar
1/4 cup raisins
1/2 cup instant rolled oats
1/4 cup finely chopped walnuts
2 tsp. cinnamon
1/2 tsp. nutmeg

Maple Yogurt Sauce:

3/4 cup lowfat yogurt
1/4 cup maple syrup

Core the apples and remove the top inch of the skin. Make a shallow cut just breaking through skin around the center of each apple to prevent skin from bursting. Place the apples upright in baking dish or pie plate. In small bowl, combine brown sugar, raisins, rolled oats, walnuts, cinnamon and nutmeg. Mix until combined. Spoon into center of each apple. Add water to cover bottom of dish. Bake, uncovered, in 375 degrees in oven for 25 to 30 minutes for less firm apples, and up to 50 minutes for firm varieties, or until apples are tender when pierced with a toothpick. Maple yogurt sauce: In bowl, combine yogurt and maple syrup. Pour over baked apples.

Microwave method: Apples baked in the microwave have tougher skins than oven-baked ones. Prepare as directed in recipe. Pierce skin in several places with a toothpick to prevent skin from bursting. Cover with waxed paper; microwave at high power for 6 to 9 minutes or until apples are almost tender. Let stand for 5 minutes. Serve with maple yogurt sauce.

Makes 4 servings. Per serving: 262 calories and 1 gram fat.

Tip from AICR's Weekly Health-e-Recipe e-mail from <http://www.aicr.org/>.