

Recipes of the week: Baked Apples with Cherries and Almonds

Food Item	F&V Servings	Low-Fat Dairy Servings	Whole Grains Servings	Lean Protein Servings	Sodium (mg)
1 serving Baked Apples with Cherries & Almonds	1	0	0	0.5	115
TOTAL:	1	0	0	0.5	115

Serves: 6

1 Serving = about 1/3 to 1/2 cup

Ingredients

- 1/3 cup dried cherries, chopped
- 3 Tbsp. almonds, chopped
- 1 Tbsp. wheat germ
- 1 Tbsp. packed brown sugar
- 1/2 tsp. cinnamon
- 6 medium apples (can use Granny Smith, Rome, or Golden Delicious)
- 1/2 cup (4 oz.) 100% apple juice
- 1/4 cup water
- 2 Tbsp. honey
- 2 tsp. canola oil

Directions

1. Preheat oven to 350°F.
2. In a small bowl, combine cherries, almonds, wheat germ, brown sugar, and cinnamon.
3. Core each apple, stopping about 3/4-inch from the bottom. Divide the cherry mixture evenly among the apples.
4. Arrange the apples in a baking dish just large enough to hold them. Pour the apple juice and water into the bottom of the pan. Drizzle the honey and oil evenly over the apples; cover the dish with aluminum foil.
5. Bake for 50 to 60 minutes, until the apples are tender when pierced with a knife. Drizzle the pan juices over the apples and serve.