

RECIPES

Microwave Baked Apple



Ingredients (1 serving)

1 apple, washed
 1/8 cup brown sugar
 1/4 teaspoon cinnamon

Nutrition Information per serving

222 calories, 0 g fat, 0 g sat fat,
 0.6 g protein, 58 g carbohydrate,
 5 g fiber, 10 mg sodium

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Wash apple and remove core.
3. Cut a thin slice off the bottom of the apple to form a flat surface. Place apple in a microwave-safe baking dish.
4. Mix brown sugar and cinnamon in a small dish. Spoon mixture into the center of the apple.
5. Cover with wax paper and microwave on high power 3 to 4 minutes or until apple is soft.

APPLES

Choose: firm, shiny apples that smell fresh.

Store: in the refrigerator in a plastic bag. Use within 3 weeks.

How much? 1 large apple = about 1 cup sliced or chopped.