

Ingredients:

2 baking apples (yellow apples)
1/2 Teaspoon margarine
1 1/2 tablespoon brown sugar
1/4 Teaspoon cinnamon
2 Tablespoons orange juice (optional)

Baked Apple Wedges
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Directions:

1. Wash hands with warm water and soap. Wash fresh fruits before preparing.
2. Wash apples, then peel, core and cut apples into quarters or wedges, depending on the size of the apple.
3. Place apples in 1 quart baking dish. Dot apples with margarine. Sprinkle apples lightly with sugar and cinnamon. Orange juice may be added if desired.
4. Bake at 375 degrees F for 30 minutes until apples are tender.

Nutrition Facts (Per Serving)

calories, 110; carbohydrate, 28 g; protein, 0.05 g; total fat, 0.93 g; saturated fat, 0.17 g; trans fat, 0.17 g; cholesterol, 0 mg; fiber, 6 g; total sugars, 21 g; sodium, 9 mg; calcium, 13 mg; folate, 0.08 mcg; iron, 0.47 mg; percent calories from fat, 8%.

Recipe courtesy of Massachusetts Department of Agriculture -Farmer's Market Recipes

Makes 2 servings.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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