



Uploaded to VFC Website

▶▶▶ January 2013 ◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://Veterans-For-Change.com)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Baked Apples With Dried Fruits and Walnuts

Prep Time: 20 mins

Cook Time: 1 h 5 mins

Rest Time: 10 mins

Total Time: 1 h 35 mins

Ingredients

- 1 dash(es) cooking spray, to coat baking dish
- 6 medium apple(s), Golden Delicious
- 1 cup(s) nuts, walnut pieces
- 1/2 cup(s) raisins, or dried cranberries
- 1/4 cup(s) coconut, shredded, unsweetened, (optional)
- 2 tablespoon maple syrup
- 1 teaspoon lemon zest, freshly grated
- 1/4 teaspoon cinnamon, ground
- 1/4 teaspoon nutmeg, ground
- 1/2 cup(s) preserves, apricot
- 1 1/2 cup(s) apple cider
- 1 tablespoon butter
- 1/2 teaspoon vanilla extract



Preparation

1. Preheat oven to 375°F. Lightly coat a shallow 8-by-12-inch (or similar) baking dish with cooking spray.
2. Core apples all the way through with an apple corer, making a 1-inch-wide hole. Peel the upper third of each apple. Using a sharp paring knife, score the flesh about 1/4 inch deep around the circumference, more or less where the peeled and unpeeled areas meet.
3. With the paring knife angled down, cut a shallow crater around the top of the hole to help hold the preserves that will go there. Set aside while you make the filling.
4. Place walnuts, raisins (or dried cranberries) and coconut (if using) in a food processor. Chop the mixture fairly well, but not too fine; you want it to remain somewhat textured. Add syrup, lemon zest, cinnamon and nutmeg; pulse several times to combine.
5. Place the apples in the prepared baking dish and gently press 1/4 cup filling into each cavity. Spoon a generous tablespoon of preserves onto the crater of each apple.
6. Combine cider and butter in a small saucepan; heat over low heat until the butter has melted. Remove from the heat and stir in vanilla. Pour the liquid over and around the apples.
7. Cover the apples loosely with tented foil and bake on the center rack for 30 minutes.
8. Remove foil and baste the apples well. Continue to bake, uncovered, for 20 to 35 minutes more (depending on the size of the apples), basting every 10 minutes, until the apples are tender throughout. The best way to test them is with a thin bamboo skewer; the slightest bit of resistance near the center is OK because they'll finish cooking as they cool.
9. Let the apples cool right in the pan, basting periodically. Serve warm, at room temperature or cold, with some of the pan juices spooned over each.