

# Microwave Baked Apple

**Makes:** 4 servings

## Ingredients

**4** apple (large, baking)

**1/2 cup** brown sugar

**1 teaspoon** cinnamon

## Directions

1. Wash apples and remove core.
2. Cut a thin slice off bottom of each apple to form a flat surface. Place apples in a microwave safe baking dish.
3. Mix brown sugar and cinnamon in a small dish. Spoon mixture into center of apples.
4. Cover wax paper and microwave on high power 6 to 10 minutes or until apples are soft.

## Notes

One pound apples = 3 medium = 3 cups sliced. This is good information to know at the grocery store.

Favorite varieties of apples for baking are Jonathan, Granny Smith, Braeburn and Golden Delicious. Any tart apple works well.

Arrange the apples around the outside edge of the dish for more even cooking in the microwave.

**Safety Tips:** Wash the apples in clear running water before coring. If you have apples left, keep in the fridge for a handy snack later on.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>200</b>
Total Fat	0 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	10 mg
Total Carbohydrate	53 g
Dietary Fiber	5 g
Total Sugars	46 g
Added Sugars included	N/A
<b>Protein</b>	<b>1 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

**Source:** Kansas Family Nutrition Program, Kids a Cookin'