RECIPE

Walnut and Raisin Baked Apples

Whole apples baked soft with a cinnamon filling of walnuts and raisins and one spoonful of maple syrup, a warm fall snack with about 3 g of added sugar a serving.

MAKES

4 servings US Metric

TOTAL

1 h 15 min

Ingredients

- [ ] 4 medium baking apples (182 g each, 728 g), such as Honeycrisp or Cortland
- [ ] ⅓ cup chopped walnuts
- [ ] 3 tbsp dark raisins
- [ ] 1 tbsp maple syrup
- [ ] 1 ½ tsp ground cinnamon
- [ ] 1 tbsp lemon juice
- [ ] 0 tsp salt
- [ ] ½ cup water, for the pan

Method

1. Heat the oven to 375 °F. Oven temperatures are not changed by altitude (Colorado State University Extension), so the temperature is the same at 5,430 ft; go by the knife, not the clock.

2. Core each apple with a melon baller or a small spoon. Leave about ½ inch at the bottom so the filling stays in, and make the hole about 1½ inches wide. Cut a thin slice off any apple that rocks. Run the tip of a paring knife once around the middle of each apple, through the skin only, so the skin does not split.

3. Stir the walnuts, raisins, maple syrup, cinnamon and salt in a small bowl until the nuts and raisins are coated. Sprinkle the lemon juice over the cut tops and into the holes.

4. Stand the apples upright in an 8-inch square baking dish. Pack the filling into the holes, mounding it a little on top. Pour the water around the apples, not over them.

5. Cover the dish tightly with foil and bake 35 minutes. Take the foil off and bake 15 to 20 minutes more, until a knife slides into the thickest part of each apple with no push and the skins are wrinkled.

6. Rest 10 minutes. The pan juices are thin, so spoon them over the apples and serve warm.