

# Apples



About 2,500 known varieties of apples are grown in the U.S. Apples are high in soluble fiber, potassium, vitamin C and folate. The soluble fiber in apples can help lower cholesterol and is shown to help decrease the risk of type 2 diabetes, Parkinson's, Alzheimer's, and many types of cancers!

## Baked Apples

Serves 10

Prep Time: 20 minutes

Cook Time: 45 minutes

## Ingredients

10 medium baking apples  
1 ½ cups sugar, granulated  
½ cup water  
¼ teaspoon salt  
½ teaspoon cinnamon, ground  
1 tablespoon butter  
Chopped dates, raisins, nuts

## Directions

1. Wash and core apples. Peel down about ¼ the way from the top. Place the apples in a baking pan, peeled-side up. Fill the centers of the apples with the chopped fruit and nuts.
2. Mix sugar, water, salt, and cinnamon. Pour over apples. Bake at 375°F until tender, about 45 minutes. Baste occasionally while cooking to glaze. Test for doneness with a pointed knife inserted in the apple.