

Microwave Baked Apple

A hot and healthy way to Five A Day!



Level: Easy

Makes: 4

Kids' Tool Kit

Apple corer
Cutting board
Knife
Microwave-safe
baking dish
Spoon
Measuring spoon
Measuring cups
Wax paper

Chef's Choice

Microwave Baked
Apple
Cinnamon graham
crackers
Low fat milk

Ingredients:

4 large baking apples
½ cup brown sugar
1 teaspoon cinnamon



Directions:

Remember to wash your hands!



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 with wax paper and microwave on high power 6 to 10 minutes or until apples are soft.



Helpful Hints: 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 Facts

Serving Size 1 each (231g)	
Servings Per Container 4	
Amount Per Serving	
Calories 180	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 47g	16%
Dietary Fiber 5g	22%
Sugars 39g	
Protein 1g	
Vitamin A 2%	Vitamin C 15%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.