

Baked Apple Slices

2 oranges
2 tbsp. honey
¼ tsp. ground cinnamon
¼ tsp. ground cloves
3 apples, peeled, cored and cut into ½ inch slices
5 tbsp. raisins
¼ cup chopped walnuts
¼ cup low-fat vanilla yogurt

Preheat the oven to 500 degrees F. Grate the zest of one orange, set aside. Squeeze the juice from both oranges into a small bowl; stir in honey, cinnamon, cloves and half the zest. Lay half the apple slices in a glass baking dish. Scatter the raisins and half the walnuts on top. Pour on half the juice mixture. Add the remaining apples and juice. Sprinkle the top with the remaining walnuts and orange zest. Cover lightly with foil and bake 30 minutes. Serve with a dollop of yogurt.

Yield: 4 servings. Each serving provides: 206 calories, 6g total fat, 1g saturated fat, 41g carbohydrates, 13mg sodium and 4g fiber. Source: www.health.gov.

