



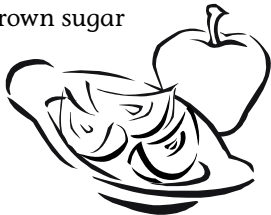
## Sweet Baked Apple Wedges

Servings: 4

Rinse fresh fruits under running water. Scrub firm-skin fruits with a vegetable brush while rinsing.

### Ingredients:

- 4 baking apples (such as Rome, Granny Smith, Gala, Cortland)
- 1 teaspoon margarine, cut into small pieces
- 3 tablespoons brown sugar
- ¼ cup orange juice (optional)



### Directions:

1. Preheat oven to 375 degrees F.
2. Wash hands and surfaces.
3. Core and cut apples into wedges and put in a baking dish.
4. Dot apples with margarine and sprinkle with brown sugar. Add orange juice, if desired.
5. Bake for 30 minutes or until tender, or microwave in a nonmetal baking dish for 11 to 13 minutes on high setting.
6. Refrigerate leftovers immediately.

## Sweet Baked Apple Wedges

### Nutrition Facts

Amount Per Serving

**Calories** 120

Calories from Fat 10

% Daily Value\*

**Total Fat** 1g

**2%**

Saturated Fat 0g

**0%**

Trans Fat 0g

**Cholesterol** 0mg

**0%**

**Sodium** 10mg

**0%**

**Total Carbohydrate** 28g

**9%**

Dietary Fiber 2g

**8%**

Sugars 23g

**Protein** 0g

Vitamin A 2%

Vitamin C 20%

Calcium 2%

Iron 2%

### Tips:

- Use fresh, local veggies. Go online to find a farmers market at: [agebb.missouri.edu/fmktDir/index.htm](http://agebb.missouri.edu/fmktDir/index.htm) or other Missouri local foods at: [foodcircles.missouri.edu/sources.htm](http://foodcircles.missouri.edu/sources.htm)
- ☺ Have your child pick the apples for this recipe.
- ☺ They learn from watching you — eat fruits and veggies and your kids will, too.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to [dss.mo.gov/fsd/fstamp/](http://dss.mo.gov/fsd/fstamp/)