

Maple Cranberry Baked Apples

2 1/2 cups Cranberry Juice Cocktail
1/2 cup maple syrup
1/4 packed light brown sugar
1 tbsp lemon juice
2 tsp grated peeled fresh ginger
1 tsp ground cinnamon
1 tsp cornstarch
1 tsp vanilla extract
8 medium Rome apples, cored
3/4 cups dried cranberries



Preheat oven to 375°. Combine cranberry juice, maple syrup, brown sugar, lemon juice, ginger, cinnamon, cornstarch, and vanilla extract in a large bowl. Stir well, and set aside. Peel the top half of each apple (so they don't explode in the oven) and place them in a shallow roasting pan. Fill the centers of the apples evenly with cranberries. Pour cranberry-maple mixture over the apples. Bake for one hour or until tender, basting the apples twice with syrup from the pan. To serve, drizzle with the remaining syrup.

Makes 16 (1/2 apple) servings.



Per recipe: 82 mg phe, 3.6 g protein
Per serving (1/2 apple): 10 mg phe, 0,5 g protein

*Adapted from the November issue of
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