STUFFED APPLE WITH WALNUTS

Ingredients:

4 medium apples (i.e. McIntosh)
4 Tbsp walnuts, chopped
4 Tbsp brown sugar
3 Tbsp olive oil, soft margarine or butter
½ tsp cinnamon (optional)

Tip: coring apples requires technique and patience. Place the apple on the cutting board. Using a sharp knife begin coring the top half of the apple. Follow the same instructions on the bottom part of the apple core. You should be able to push out the core with your thumb. Your cored apple should look like a bagel, with a hole in the centre.

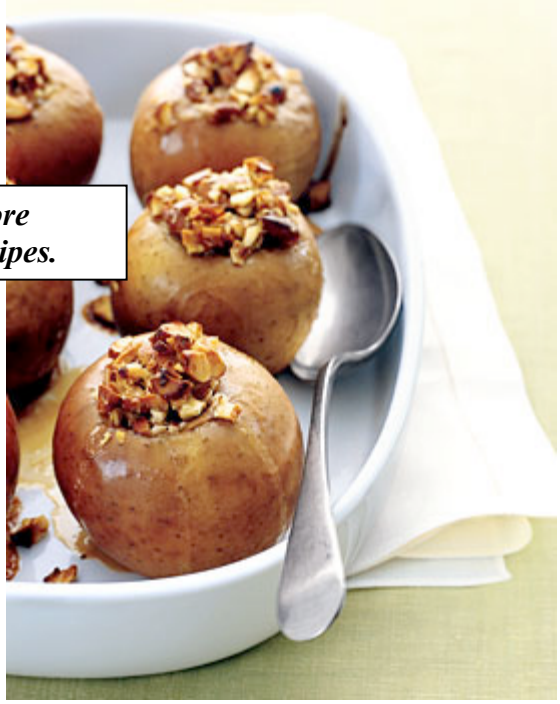
Instructions:

- Preheat oven to 350 F. Grease a baking pan with 1 to 2 Tbsp olive oil.
- Mix the walnuts, sugar and cinnamon in a bowl.
- Wash the apples thoroughly. Using a fork, punch a few holes in each apple.
- Core each apple carefully. Read above for more details on how to do this. Don't worry if the apple begins to brown in the middle. To prevent this, you can put the apples in a bowl of cold water.
- Coat the outside of the apples with some oil. Place each apple on the baking pan.
- Use a teaspoon to stuff each apple centre with the walnut mixture. If you have some leftover mixture, sprinkle it on the outside of the apples.
- Bake in the oven for about 20 minutes.
- Serve warm on its own, or with a side of vanilla ice cream (optional).

Serves 4

For more information

Visit www.onapples.com to learn more about Ontario grown apples and recipes.



Source: Recipes by Kate Vinokurov, 2011