

Sautéed Spiced Apples

Yield 8 ½ cup servings

Leave the peel on the apple to get valuable fiber including pectins in your diet. Pectin is what makes jelly gel but it also is a type of dietary fiber that binds fatty substances in the intestine, provides bulk to stools and may help us control our blood sugar. Apples are also have anti-inflammatory properties due to their phytonutrient content.

3 Tbs. heart healthy margarine

6 cups sliced apples

½ cup orange, lemon, or lime juice

1 tablespoon golden brown sugar

1 tablespoon honey

1/4 teaspoon ground nutmeg

1/2 teaspoon ground cinnamon

1/4 teaspoon grated orange peel

Directions:

1. Wash apples and cut into thin slices (8-12 per apple). Place in citrus juice to slow browning.
2. Melt margarine in a large deep skillet over medium-high heat.
3. Add apples; sauté about 6 minutes or until apples are just tender.
4. Stir in sugar, honey and spices. Cook for one minutes or until sugar melts.

Nutritional Information: (per serving)

Calories: 95	Fat: 4.2 g (42% of calories)
Saturated Fat: 2.0 g	Protein: .25 g
Carbohydrates: 15 g	Cholesterol: 1 mg
Iron: .14 mg	Sodium: 35 mg
Fiber: 2.0 g	Potassium: 93 mg

Tips from Registered Dietitian / Nutritionist Katherine Shavo:

Enjoy this dish alone or pair it with a small portion of Angel Food or no fat frozen yogurt for a healthy satisfying dessert.

Use any leftovers to top of a bowl of oatmeal