Microwave 'Baked' Apples
2 servings

2 medium baking apples (like golden delicious, rome, braeburn, jonagold)
2 tsp brown sugar
1 tsp cinnamon
2 T raisins or craisins (dried cranberries)
2 tsp margarine

Core apples leaving bottom intact. Place in a microwave safe deep dish. Mix together brown sugar, cinnamon & raisins and spoon into center of apples. Top with margarine. Cover with heavy plastic wrap & microwave on high for 5 - 7 min. or until tender. Let stand 4 - 5 minutes before serving.

Nutrition information, per serving: 120 calories, 4g fat, 0.5g saturated fat, 55mg sodium, 23g carbohydrate, 3g fiber.