



## 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.