

Sautéed Apples with Parmesan

Serving Size: ½ cup

Serves: 6

Ingredients:

3 ripe but firm granny smith apples, peeled, cored, and cut into 8 wedges.

¼ cup sugar

2 tablespoons margarine

¼ cup Grand Marnier

1 teaspoon finely grated orange zest

4 tablespoons fresh parmesan cheese, grated

Directions:

1. Gently toss the apples and sugar together in a bowl.
2. In a large skillet, over medium heat, melt the margarine.
3. Add the apples and heat for 10 to 12 minutes, stirring occasionally, until the sugar begins to melt and turn a light golden color. Do not over brown the sugar.
4. Add the Grand Marnier and orange zest and cook 2 to 3 minutes longer.
5. Transfer the mixture to serving dishes and sprinkle with fresh grated parmesan.

Exchanges per serving:

1 ½ Fruit, 1 Fat or 1 ½ Carbohydrate, 1 Fat

Nutrients per serving:

Calories: 162

Calories from fat: 42

Total Fat: 5g

Saturated Fat: 1g

Cholesterol: 3mg

Sodium: 95mg

Carbohydrate: 25g

Dietary Fiber: 2g

Protein: 2g