

# Melting Apples



When you bake apples, the skin keeps its shape (more or less), but the inside gets nice and tender, so you can spoon out delicious bites of melted apple. In this recipe, we've scented the apples with cinnamon and stuffed them with a mixture of dried fruit and nuts. Add a different spice or change the filling to create your own variation.



Apples signal the arrival of fall, and are a symbol of New England's bounty. I love picking my own apples—they are great for snacking and, of course, baked in a pie. But there are still more ways you can enjoy apples, like in this month's recipe. So get out, pick some apples at one of the many farms right here in Massachusetts, and enjoy the flavors of fall.

Deval Patrick  
Governor of Massachusetts

MY PLATE: FRUIT | ADULT: YES | HANDS-ON TIME: 20 MINUTES | TOTAL TIME: 1 HOUR 20 MINUTES | MAKES: 4 SERVINGS



**WASH** your hands with soap and water and dry them.

**CLEAN** the counter top with a sponge.

**GATHER** all the kitchen gear and ingredients and put them on the counter.

**SCRUB** all the fruits and vegetables and lay them out on a dishtowel to dry.

**PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

## KITCHEN GEAR

Cutting board  
Sharp knife  
(adult needed)  
Small baking dish or muffin pan  
Melon baller or spoon  
Fork  
Measuring spoons  
Measuring cup  
Potholder

## INGREDIENTS

- 4 Granny Smith or other tart apples, top third of the apple cut off (feel free to eat it)
- $\frac{1}{4}$  cup dried fruit, like raisins, dried cranberries, currants, or chopped dried apricots or prunes
- $\frac{1}{4}$  cup coarsely chopped lightly toasted nuts, like walnuts or pecans
- 1 tablespoon sweetener, like maple syrup, brown sugar, or honey
- $\frac{1}{2}$  teaspoon ground cinnamon
- $\frac{1}{4}$  cup water

## INSTRUCTIONS

1. Turn the oven on and set it to 375 degrees.
2. Put the apples on the cutting board and remove the core by using a melon baller or a spoon.
3. Lightly prick the top of the sides of the apple with a fork (this prevents the apples from splitting).
4. Put the dried fruit, nuts, sweetener and cinnamon in a small bowl. Divide the mixture into four parts and stuff it inside the apples.
5. Put the water in the baking dish (or put 1 tablespoon in each of the four muffin-pan wells). Add the apples. Carefully put the baking dish in the oven and bake until the apples are soft, about one hour
6. Serve right away or cover and refrigerate up to 2 days

## Safety Tip

Get an adult's permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

# WHEN SOMEONE SAYS "YOU ARE THE APPLE OF MY EYE," IT MEANS THEY REALLY LOVE YOU.



**DID  
YOU  
KNOW?**

The **crab apple** is the only apple native to North America.

The **pilgrims** planted the first United States apple trees in the Massachusetts Bay Colony

The five **most popular apples** in the United States are Red Delicious, Golden Delicious, Gala, Fuji and Granny Smith



## By the numbers:

Apples harvested from an average tree during a single growing season can fill **20 boxes** that weigh **42 pounds** each.

It takes the energy produced by **50** photosynthesizing leaves to produce **one** apple.

**25 percent** of an apple's volume is air. That's why they float when you go bobbing for them!

**Food Day** (October 24th, 2012) is a nationwide celebration and a movement for healthy, affordable, and sustainable food. Here in our state, Massachusetts Food Day will be celebrated by hundreds of organizers and thousands of participants working to spread the message of choosing healthy, locally produced food and advocating for policies that support productive and respectful food systems.

Events will range from community potlucks, "Eating Real" school challenges, film screenings, and farmers' markets, to festivals, food demos, family dinners with food focused discussion, and so much more. What can you come up

with? How can you share the message of healthy eating and support for our local farmers? We want every day to be food day! To get involved, contact [rose.arruda@state.ma.us](mailto:rose.arruda@state.ma.us) and visit [www.foodday.org](http://www.foodday.org).



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