



Hasselback Apples

Makes 4 servings

Ingredients

2 large firm apples, peeled, cored, and halved vertically
Cooking spray
4 tablespoons brown sugar, divided
2 ½ tablespoons butter, melted and divided
¾ teaspoon ground cinnamon, divided

2 tablespoons old-fashioned rolled oats
1 teaspoon all-purpose flour
¼ teaspoon kosher salt
1 ½ cups low-fat vanilla ice cream

Instructions

1. Preheat oven to 400 degrees.
2. Starting at the outermost edges, cut most (but not all) of the way through each apple half at ⅛-inch intervals. Place apple halves, cut sides down, in an 8-inch square glass or ceramic baking dish coated with cooking spray.
3. Combine 1 tablespoon sugar, 1 tablespoon butter and ½ teaspoon cinnamon; brush mixture evenly over apples.
4. Cover pan with foil; bake at 400 degrees for 20 minutes. Remove foil. Bake at 400 degrees for 10 minutes, or until apples are tender. Remove pan from oven; cool 10 minutes.
5. Combine remaining 3 tablespoons sugar, remaining 1 ½ tablespoons butter, remaining ¼ teaspoon cinnamon, oats, flour and salt.
6. Carefully fan open apple halves. Spoon oat mixture evenly over apples. Bake at 400 degrees for 10 minutes. Turn broiler to high (leave pan in oven); broil 2 minutes. Serve with ice cream.

Nutrition Facts

Serving size: 1 apple half and about ⅓ cup ice cream: Calories 260; Total Fat 9.2g; Saturated Fat 5.4g; Cholesterol 23mg; Sodium 222mg; Total Carbohydrates 43g; Dietary Fiber 3g; Protein 3g

Recipe Courtesy of www.myrecipes.com

