

# Apricot Baked Apples

(Serves 8)

8 Rome apples, cored (or other baking apple)  
3/4 cup apricot preserves  
1/2 cup raisins  
1/4 teaspoon ground ginger  
1/4 teaspoon ground coriander  
1 teaspoon ground cinnamon

Preheat oven to 375°.

Mix apricot preserves with next 4 ingredients.

Spoon apricot mixture into apples. Place apples in baking dish. Add 1/2 inch of water. Bake at 375° for 45 - 60 minutes, basting frequently.

Serve hot.

*Nutrition information per serving:* 185 calories, 0.6 g protein, 48 g carbohydrate, 0 g fat, 0% of calories from fat, 0 mg cholesterol, 1.2 mg sodium

Source: Physicians Committee for Responsible Medicine

