

Enjoy a Happy, Healthy Holiday Season!

TIPS FOR MINDFUL EATING DURING THE HOLIDAYS

- EAT BREAKFAST AND LUNCH THE DAY OF A HOLIDAY FEAST SO THAT YOU AREN'T STARVING BY THE TIME THE MEAL STARTS
- REMEMBER TO LISTEN TO YOUR BODY AND SLOW DOWN IF YOU'RE STARTING TO FEEL FULL.
- MAKE YOUR HOLIDAY PLATE COLORFUL BY INCLUDING A VARIETY OF FOODS, SUCH AS FRUITS AND VEGETABLES
- MAKE TIME TO TALK AND MINGLE WITH OTHERS. THIS WILL REDUCE MINDLESS EATING AND INCREASE ENJOYMENT.



Baked Apples

YIELD: 6 SERVINGS, 1 APPLE PER SERVING

INGREDIENTS

- 6 SMALL APPLES
- 1 LARGE LEMON
- ¾ CUP CHOPPED WALNUTS
- ½ CUP RAISINS
- ¼ CUP BROWN SUGAR
- ½ TEASPOON GROUND CINNAMON



DIRECTIONS

- PREHEAT OVEN TO 350°F.
- RINSE APPLES.
- REMOVE STEMS BY CUTTING A 1-INCH-WIDE HOLE OUT OF THE TOP OF EACH APPLE. CUT INTO THE HOLE TO REMOVE AND SCOOP OUT THE CORE AND SEEDS.
- RINSE LEMON AND CUT IN HALF. IN A SMALL BOWL, SQUEEZE THE JUICE FROM EACH HALF. DISCARD SEEDS.
- IN A SECOND SMALL BOWL, MIX WALNUTS, RAISINS, AND BROWN SUGAR.
- STUFF THE CENTER OF EACH APPLE WITH 1 HEAPING TABLESPOON OF THE WALNUT MIXTURE. SPRINKLE A PINCH OF CINNAMON OVER THE TOP OF EACH APPLE.
- PLACE STUFFED APPLES UPRIGHT IN THE BAKING DISH. POUR THE LEMON JUICE AROUND THEM. BAKE FOR 35-40 MINUTES, OR UNTIL THE SKIN IS WRINKLY. SPOON SOME OF THE PAN JUICE OVER THE APPLES ABOUT HALFWAY THROUGH COOKING TIME TO KEEP THE APPLES MOIST.
- REMOVE FROM OVEN. LET COOL SLIGHTLY BEFORE SERVING.

RECIPE COURTESY OF COOKING MATTERS
COOKINGMATTERS.ORG

