

CARAMELIZED APPLE AND GINGER CRISP

Hidden beneath a ginger cookie and pecan topping are caramelized apples, ready to enjoy as is or with a dollop of vanilla-flavoured whipped cream or a small scoop of vanilla ice cream. So simple and so yummy!

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Serves 6

1/3 cup (75 mL)	packed brown sugar
1/4 tsp (1 mL)	ground ginger
3 tbsp (45 mL)	butter
6 cups (1.5 L)	sliced unpeeled Ontario Apples (about 2 lb/1 kg)

Topping:

2/3 cup (150 mL) coarsely crumbled ginger cookies

1/4 cup (50 mL) chopped pecans **or** walnuts

In small bowl, combine brown sugar and ginger; remove 1 tbsp (15 mL) and set aside for topping.

In large deep nonstick skillet, melt butter over medium-high heat. Add apples and sauté for 3 minutes or until starting to soften. Stir in brown sugar mixture; sauté for 2 to 3 minutes or until apples are just tender and sugar glazes apples. Using tongs, divide apple mixture among six (6 to 8 oz/175 to 250 mL) ramekins or custard cups and place on rimmed baking sheet.

Topping: Combine ginger cookies, pecans and reserved sugar mixture; sprinkle evenly over apples. Drizzle with butter mixture left in skillet. Bake in 350°F (180°C) oven for 15 minutes or until apples are tender. Serve warm or at room temperature.

Cooking Tips: Ontario Crispin, Cortland, Empire, Idared, Northern Spy or Spartan apples are good choices for this recipe. If you prefer, peel the apples.

Place ginger cookies in a sealable bag and crush with a rolling pin.

Nutritional Information:

1 Serving

PROTEIN: 2 grams

FAT: 11 grams

CARBOHYDRATE: 38 grams

CALORIES: 249

FIBRE: 3 grams