

Pears and Apples

1 medium red delicious apple,
peeled and quartered
1 medium Granny Smith apple,
peeled and quartered
1 pear, quartered
½ cup dried cranberries
½ cup honey

4 tablespoons butter
Zest of 1 medium orange
Juice of 1 medium orange
2 tablespoons cinnamon
4 ounces shredded Medium Cheddar Cheese
4 ounces shredded Gouda Cheese

Preheat oven to 300°.

Prepare apples and pears and place in an oven proof-baking dish. Sprinkle dried cranberries over apples and pears.

In a small saucepan, mix honey, butter, orange zest, juice, and cinnamon. Heat over low until well blended. Pour over fruit.

Sprinkle cheeses over fruit. Cover loosely with foil and bake for 20-25 minutes until apples are tender and cheese is melted.

Yields: 4 servings. Each serving contains approximately 388 calories.

Grace Gaertner Panola County Junior - Fruits and Vegetables