

# Sautéed Spiced Apples



VEGETARIAN



GLUTEN FREE

## Ingredients

- 4 medium apples, sliced and unpeeled
- 2 tablespoons lemon juice
- 2 tablespoons butter or canola oil
- 2 tablespoons honey
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger (or 1/2 inch fresh)
- Nonfat plain Greek yogurt to serve

## Directions

1. In a medium bowl, toss the apple slices with lemon juice and set aside.
2. In a skillet heat butter or oil over medium heat. Stir in the honey.
3. Add the apple slices to the pan and stir well.
4. Sprinkle apples with cinnamon, nutmeg and ginger.
5. Cover and heat for an additional 5 to 8 minutes, while stirring a few times in between. Serve with nonfat plain Greek yogurt.

Recipe from Cook Well Berkeley: Seasonings & Spices to Boost Health, Fall 2013