

the  
sweet dish®

SEPTEMBER 2014 RECIPES



# EZ Baked Apples



## INGREDIENTS

- 6 Granny Smith apples
- 1 cup SPLENDA® No Calorie Sweetener, Granulated
- 1 teaspoon ground cinnamon
- 1 tablespoon margarine

**Serves: 6**

**Prep Time: 15 Minutes**

**Cook Time: 45 Minutes**

**Total Time: 1 Hour**

## DIRECTIONS

1. Preheat oven to 350°F.
2. Wash apples and core using an apple corer. Place in a 9X13-inch baking pan.
3. Mix together SPLENDA® Sweetener, Granulated and cinnamon. Fill each apple with the mixture and then top each apple with a small dot of margarine. Cover with aluminum foil and bake in preheated oven for 45 to 50 minutes or until slightly soft.

**NUTRITION FACTS Per Serving (1 baked apple):**  
**Calories:** 110, **Calories from Fat:** 20, **Total Fat:** 2.5g  
**Saturated Fat:** 0g, **Cholesterol:** 0mg, **Sodium:** 20mg,  
**Total Carbs:** 25g, **Dietary Fiber:** 4g, **Sugars:** 20g, **Protein:** 0g

# Grilled Chicken with Cherry Apple Chutney



**Serves: 8**

**Prep Time: 1 Hour 50 Minutes**

**Cook Time: 25 Minutes**

**Total Time: 2 Hours 15 Minutes**

## DIRECTIONS

1. For Chicken: Combine SLENDA® Sugar Blend, salt, and hot water in 1-gallon zipper-lock plastic bag and shake to dissolve SLENDA® Sugar Blend and salt. Add cold water and chicken. Press air out of bag, seal, and refrigerate 1 1/2 to 2 hours.
2. For Chutney: In medium steel saucepan, combine tart cherries, apples, onions, SLENDA® Brown Sugar Blend, dried cherries, coffee, vinegar, lemon peel, and cayenne. Bring to a simmer over medium heat. Reduce heat to low and simmer gently 15 to 20 minutes, or until apples are soft and most of liquid evaporates. Remove from heat and stir in juice concentrate and mint. Set aside.
3. Remove chicken from brine and discard brine. Refrigerate chicken until ready to serve (up to 1 day). Pat chicken dry with paper towels and sprinkle all over with pepper. Let rest at room temperature 20 minutes.
4. Heat grill to medium-high. Brush grill grate and coat with oil.
5. Put chicken on grill, cover, and cook 5 to 7 minutes per side, or until chicken is no longer pink and juices run clear (about 170°F on an instant-read thermometer). Brush with oil during last 5 minutes. Serve with chutney.

## INGREDIENTS

### Chicken

- 1/4 cup SLENDA® Sugar Blend
- 1/2 cup kosher salt
- 1 cup hot tap water
- 3 cups cold water
- 1 pound boneless, skinless chicken breasts
- 1 pound boneless, skinless chicken thighs
- 1/2 teaspoon ground black pepper
- 1 tablespoon canola oil

### Chutney

- 1 cup pitted tart cherries (thawed, if frozen)
- 1/2 Granny Smith apple, unpeeled, cored, and chopped
- 1/2 cup finely chopped red onions
- 1/4 cup SLENDA® Brown Sugar Blend
- 1/4 cup dried cherries
- 1 tablespoon brewed strong coffee
- 1 tablespoon red wine vinegar
- 1 grated peel of 1/2 lemon
- 1/8 teaspoon ground cayenne pepper
- 1 1/2 tablespoons apple juice concentrate
- 1 tablespoon chopped fresh mint

### NUTRITION FACTS

**Per Serving (4 oz chicken; 3 tablespoons of chutney):**

**Calories: 270, Calories from Fat: 80, Total Fat: 9g.**

**Saturated Fat: 2g, Cholesterol: 70mg, Sodium: 5760mg,**

**Total Carbs: 21g, Dietary Fiber: 1g, Sugars: 22g, Protein: 22g**

# Cranberry Apple Relish



## INGREDIENTS

- 1 (12 ounce) bag fresh cranberries
- 1 cup SLENDA® No Calorie Sweetener, Granulated
- 1 cup water
- 3 tablespoons orange juice concentrate
- 1 medium apple - peeled, cored and diced
- 1/3 cup golden raisins

**Serves: 20**

**Prep Time: 20 Minutes**

**Total Time: 3 Hours 20 Minutes**

## DIRECTIONS

1. Place cranberries, SLENDA® Sweetener, Granulated water and orange juice concentrate in a medium saucepan. Bring to a boil and boil 3-4 minutes or until cranberries start to thicken and water has reduced by about half.
2. Remove from pan and place in medium bowl. Cover and refrigerate 2-3 hours or overnight.
3. Add diced apple and half of the raisins to cranberries. Stir well. Refrigerate until ready to serve. Just before serving, sprinkle remaining raisins over cranberries as a garnish. Serve chilled as an accompaniment to roast meats or poultry.

**NUTRITION FACTS Serving Size (2 tablespoons):**

**Calories: 30, Calories from Fat: 0, Total Fat: 0g.**

**Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 0mg,**

**Total Carbs: 8g, Dietary Fiber: 1g, Sugars: 5g, Protein: 0g**

# Cinnamon Oatmeal Apple Crisp



**Serves: Makes 2**

**Prep Time: 15 minutes**

**Cook Time: 45 minutes**

## DIRECTIONS

1. PREHEAT oven to 375°F.
2. STIR together apples, 1/2 teaspoon cinnamon and 3 packets of SLENDA® No Calorie Sweetener, 1 Gram of Fiber. Set aside.
3. MIX remaining 3 packets of SLENDA® No Calorie Sweetener, 1 Gram of Fiber and 1/2 teaspoon of cinnamon, with baking mix, oats, and salt in a large bowl. Add margarine and mix with a fork until incorporated.
4. PLACE 1/2 of the apple mixture into an oven safe single-serve bowl. Top with 1/2 of the oat mixture. Repeat for second serving.
5. BAKE for 35-45 minutes.

## INGREDIENTS

- 2 cups granny smith apples, peeled and chopped
- 1 teaspoon cinnamon, divided
- 6 packets SLENDA® No Calorie Sweetener, 1 Gram of Fiber, divided
- 1/4 cup baking mix
- 1/2 cup old fashioned oats
- 1/8 teaspoon salt
- 1 tablespoon light margarine

### NUTRITION FACTS Per Serving (one individual crisp):

**Calories:** 230, **Calories from Fat:** 45, **Total Fat:** 5g.

**Saturated Fat:** 1g, **Cholesterol:** 0mg, **Sodium:** 350mg,

**Total Carbs:** 45g, **Dietary Fiber:** 9g, **Sugars:** 17g, **Protein:** 4g