









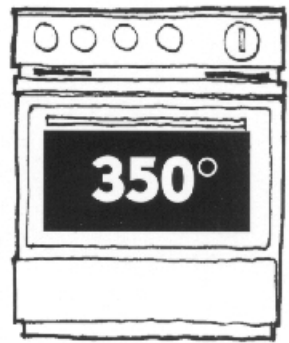
Apple-Cheese Bake

Ingredients

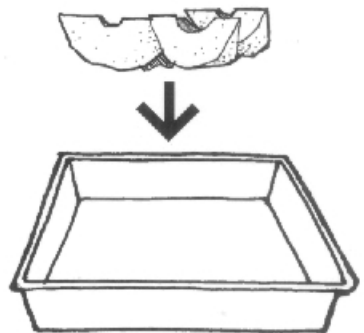
Makes 6-8 servings

- 6 cups **apples**, peeled and sliced  
- 1 Tablespoon **lemon juice** 
- 1/2 cup **sugar** 
- 1/2 cup **flour** 
- 1/4 teaspoon **cinnamon** 
- 1/4 cup **margarine** 
- 2/3 cup **cheese**, grated 

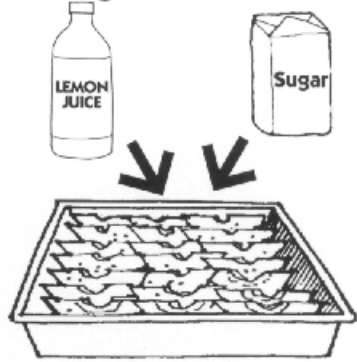
1 Preheat oven to 350° F.



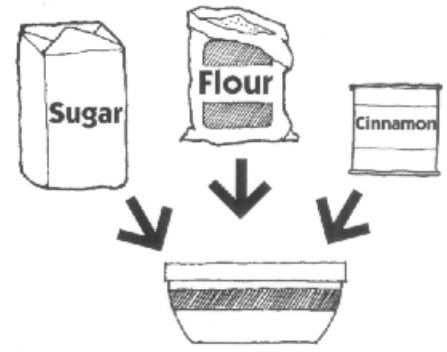
2 Place apple slices in a pan 8" X 8".



3 Sprinkle apples with lemon juice and half the sugar.

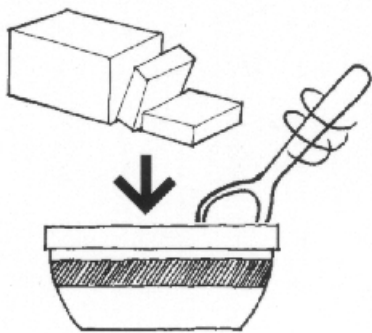


4 In a small bowl, mix the remaining sugar, flour, and cinnamon.

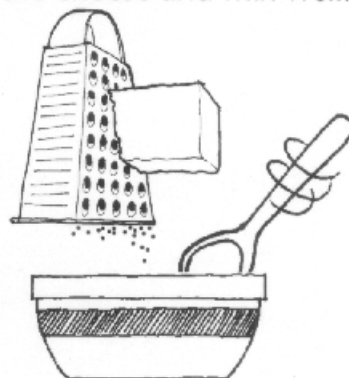


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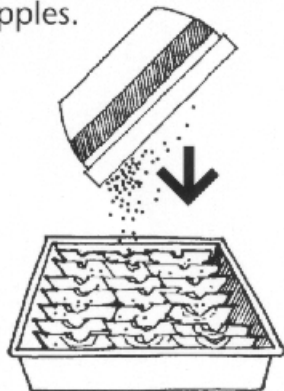
- 5** Add the margarine and mix well.



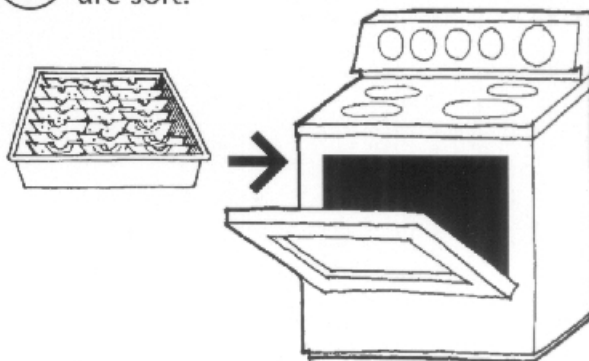
- 6** Add the cheese and mix well.



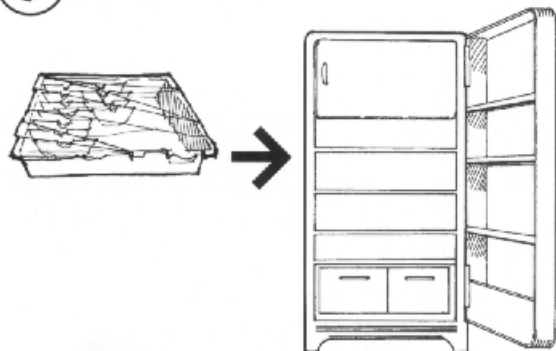
- 7** Sprinkle the flour mixture evenly over the apples.



- 8** Bake for 45 minutes or until apples are soft.



- 9** Refrigerate leftovers within 2 hours.



Apple Cheese Bake gives us:



Builds bones and teeth.

Fiber

Prevents constipation.



**OREGON STATE
UNIVERSITY**
EXTENSION SERVICE

Recipe Source: Oregon EFNEP Curriculum, Fruit Sheet 1.

9/99

Original format created by Janice Smiley, MPA, Extension Educator, Adult and 4-H Nutrition, Multnomah County.

Adapted and translated for use with Spanish speaking audiences by Lynn Myers Steele, MPH, Extension Educator, and Nutrition Assistants, Oregon Family Nutrition Program (OFNP), Hispanic Office, Multnomah County, 1994.

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