

Fast-Baked Apples with Oatmeal Streusel

Baked apples have always been a favorite dessert in America. In Eliza Leslie's 1848 edition of *Directions for Cookery*, she offers a recipe for baked apples that is still good today: "Take a dozen fine large juicy apples, and pare and core them, but do not cut them in pieces. Put them side by side into a large baking-pan, and fill up with brown sugar the holes from whence you have extracted the cores. Pour into each a little lemon-juice, or a few drops of essence of lemon, and stick in every one a long piece of lemon-peel evenly cut. Bake them about an hour, or till they are tender all through, but not till they break. When done, set them away to get cold. If closely covered they will keep two days. They may be eaten at tea with cream. Or at dinner with a boiled custard poured over them. Or you may cover them with sweetened cream flavoured with a little essence of lemon, and whipped to a froth...so as to conceal them entirely." Our microwave version is quick as well as delicious.

Yields: 4 servings

Prep Time: 8 minutes

Cook Time: 12 minutes

INGREDIENTS:

4 large Rome or Cortland apples (about 10 ounces each)

1/4 cup packed brown sugar

1/4 cup quick-cooking oats, uncooked

2 tablespoons chopped dates

1/2 teaspoon ground cinnamon

2 teaspoons butter or margarine

DIRECTIONS:

1. Core apples, cutting out a 1 1/4-inch-diameter cylinder from center of each, cutting almost but not all the way through to bottom. Remove peel from top third of each apple. Place apples in shallow 1 1/2-quart ceramic casserole or microwave-safe 8-inch square baking dish.
2. In small bowl, combine brown sugar, oats, dates, and cinnamon. Fill apple cavities with equal amounts of oat mixture. (Mixture will spill over tops of apples.) Dot each apple with 1/2 teaspoon butter.
3. Microwave apples, covered, on Medium-High (70% power) until tender, 12 to 14 minutes, turning each apple halfway through cooking time. To serve, spoon cooking liquid from baking dish over apples.

NUTRITIONAL INFORMATION:

Based on individual serving.

Calories: 258

Total Fat: 3 g

Saturated Fat: 1 g

Cholesterol: 5 mg

Sodium: 25 mg

Carbohydrates: 61 g

Protein: 1 g

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