

Roasted Seasonal Fruit

Cook Time: 30-45 minutes Prep Time: 5-10 minutes

Ingredients

Whole fruits, such as pears, apples, peaches, plums, apricots – Plan for one whole fruit per person, except two for plums and apricots. Cherries are an option (not other berries).

Butter or olive oil, just enough to coat the bottom of the baking dish, approximately 1 tsp per fruit.

Sugar, ½ tsp per fruit

Spices, such as cinnamon or cloves for apples, nutmeg for peaches, ginger for plums; start with approximately ½ tsp per fruit. Spice mixes (i.e. apple pie spice), without added sugar or salt, can also be used.

Optional extras: 1 or 2 tsp of brandy or liqueur to drizzle over the fruit

1. Preheat oven to 400°F/200°C (Convection 375°F/180°C)
2. Place butter or olive oil in the baking dish, and heat in the oven for about 5 minutes, while the oven preheats. Spread melted butter around the bottom of the dish. Remove from oven and let cool slightly while you prepare the fruit.
3. Cut the fruit into halves, removing core/pits. Cherries can be roasted whole. Remove the skin, if you like, but the skin does add fiber.
4. Arrange fruit in the dish, tightly and in a single layer if possible.
5. Combine sugar and spices. Sprinkle over the fruit. Drizzle with brandy, if using.
6. Roast, uncovered for 30 min, or until lightly browned around the edges, and softened.
7. Cool slightly, before serving. Drizzle each serving with the accumulated juices from the pan. Garnish with a bit of plain Greek yogurt.

TIPS:

- Prepare a larger batch, i.e., 4-5 apples or pears, and store extras in the refrigerator, to be added to oatmeal or yogurt. To boost fibre, sprinkle rolled oats or crushed cereal over the fruit before adding the sugar and spices.
- Berries usually have too much moisture to roast well.
- Fruit may turn brown (oxidize) during trimming, but the pieces are expected to brown during cooking anyways, so it's ok.