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ROASTED APPLES & PEARS

with Dried Cranberries & Candied Ginger

Naturally Delicious Recipes • Janice Feuer-Haugen

Two joys of the harvest season include both biting into crisp and juicy new-crop apples and pears, and inhaling their unmistakably rich aroma when they're baking. Most of us take for granted fall's abundance and huge variety of apples and pears. Perhaps we forget that, along with their many colors, shapes, sizes, textures and sweet-to-tart tastes, apples and pears are also superbly nourishing.



AN APPLE A DAY...

We all know the rest of this maxim. And, recent research finds that as long as you eat the peel, an apple a day does indeed help keep the doctor away. As with both apples and pears, the majority of their vitamins, minerals, antioxidants and other nutrients are found in their peel. Peel the skin and you peel away much of what makes them so healthy—their fiber, nutrition and phytonutrients. Plus, aesthetically, the contrast of the peel with the flesh adds a welcome contrast of color and texture.

CHOOSE ORGANIC

Based on their amount of pesticide residue, both apples and pears have made the Environmental Working Group's *Dirty Dozen List* for many years. On the 2019 list, apples came in at number 5 and pears at number 9.

To avoid pesticide residue, choose organic apples and pears. And, when you can't, don't let that stop you from eating them with their skin on. Just be sure to wash them very well before enjoying them fresh or cooked.

*“There are only ten minutes
in the life of a pear
when it is perfect to eat.”*

—RALPH WALDO EMERSON

THUMB TEST FOR PEARS

When pears are ripe, their flesh will give slightly around the stem end when lightly pressed with your thumb. The thumb test is also the best way to determine the ripeness of Green Bartlett pears, even though they are the only pears to change their color from green to yellow as they ripen.

REMOVING THE CORE

First, cut the apples and pears in half from top to bottom (from

stem end to flower end). The tip of a paring knife works fine to remove the core, seeds and membrane. However, a melon baller is quicker and neater. Though, you'll still need a paring knife to remove any remaining bits of stem or flower from either end.

*Now, Gather Your Ingredients
and Perfume Your Kitchen
with the Heady Aroma of—*

**Roasting Apples & Pears,
with Dried Cranberries
& Candied Ginger!**



- ♥ Easy, naturally gluten-free and delicious.
- ♥ Use either one variety or two or more varieties of apples and pears.
- ♥ Inspired by and adapted from a recipe by Martha Rose Shulman.

Recipe on next page...



PREPARATION

1) Heat the oven to 375 degrees. Zest the lemon and set the zest aside.

2) Place 3 cups of water in a medium bowl along with the juice of half a lemon (about 1 tablespoon). Add the cored and sliced apples and pears to the lemon water. Once they've all been tossed in the lemon water, drain them well.

3) In a large baking dish (mine is a 2¾ quarts, 9" x 14" oval baking dish), toss the drained fruit with the juice from the remaining lemon half.

4) In a small saucepan over medium heat, combine the apple juice, lemon zest, dried cranberries, diced candied ginger, apricot jam, maple syrup, cinnamon and freshly grated nutmeg. When the mixture comes to a simmer, turn off the heat. Stir in the butter and vanilla extract.

5) Pour the spiced and flavored apple juice over the apples and pears, gently tossing them together. Place the baking dish in the oven.

6) For the first hour, remove the baking dish from the oven every 20 minutes to give the fruit a gentle stir to keep it moist. After the first hour, continue baking for another 15 minutes or until the apples and pears are very tender.

7) Serve Roasted Apples & Pears with Dried Cranberries & Candied Ginger while warm, at room temperature or straight from the refrigerator. Impressive and delicious with a spoonful of vanilla ice cream, whipped cream or (my favorite) Whipped Coconut Cream. ■

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ROASTED APPLES & PEARS with Dried Cranberries & Candied Ginger

Makes 6-7 servings

Active Time: 15 minutes

Total Time: About 1½ hours

INGREDIENTS

- 2 pounds apples (4–5), such as Pink Lady, Braeburn, Honeycrisp and/or Granny Smith, cored and cut into sixths
- 1½ pounds ripe, firm pears (3–4), such as Bartlett, Green and Red D'Anjou, and/or Comice, cored and cut into sixths
- Zest of 1 lemon
- Juice of 1 lemon, divided
- 1 cup apple juice
- 3 tablespoons dried, fruit-sweetened cranberries
- 3 tablespoons finely-diced candied ginger
- 2 tablespoons apricot jam or preserves, preferably fruit-sweetened
- 1 tablespoon maple syrup
- ½ teaspoon ground cinnamon
- ½ teaspoon freshly grated nutmeg
- 2 tablespoons (1 ounce) butter (optional for dairy-free and vegan)
- 1½ teaspoons pure vanilla extract



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