



SAUTÉED APPLES WITH LEMON ZEST



SENSORY OBJECTIVES: THERE WILL BE SOME GOOD SMELLS IN THIS RECIPE. SMELL THEM INDIVIDUALLY AND THEN AS A WHOLE WHEN IT IS COOKED. WATCH THE APPLES START OUT CRISP AND FIRM AND ONCE THEY ARE COOKED LOOK HOW THEY HAVE SOFTENED. PERHAPS BITE INTO A RAW APPLE SLICE AND THEN A COOKED APPLE SLICE.

SPEECH OBJECTIVES: WHAT SMELL IS STRONGEST TO YOU. DO YOU LIKE OR DISLIKE THE STRONG SCENT? DO APPLES AND CINNAMON MAKE YOU THINK ABOUT FALL? WHAT OTHER FOODS MAKE YOU THINK ABOUT FALL?

INGREDIENTS:

- 2 T SALTED BUTTER
- 2 GRANNY SMITH OR OTHER TART APPLES
- 1 LEMON
- 1 T SUGAR
- 1 TSP CINNAMON

NOTES:

INSTRUCTIONS:

PEEL, CORE, AND THINLY SLICE 2 APPLES. MELT BUTTER ON LOW, TURN HEAT TO MEDIUM, AND ADD CINNAMON AND SUGAR, THEN APPLES. STIR UNTIL THE APPLES ARE COATED AND COOK UNTIL SLIGHTLY SOFT. WHILE THE APPLES COOK, ZEST THE LEMON. REMOVE THE APPLES FROM HEAT, ADD LEMON ZEST, AND STIR.

SERVE ON FRENCH TOAST OR VANILLA ICE CREAM. IT'S EVEN BETTER WITH THE ADDITION OF A LITTLE CARAMEL!