



# Apple Bean Bake

1 16-oz can baked beans (use vegetarian if preferred)  
1 apple, cored and cubed  
 $\frac{1}{4}$  teaspoon cinnamon

Combine ingredients. Heat until apple pieces are cooked and rise to the surface. Stir occasionally.

## **Microwave Method:**

Combine all ingredients in a 1 or 2 quart microwave safe casserole dish. Microwave uncovered on high for 4 minutes. Stir and turn halfway. Microwave on high another 4 minutes until apple pieces are tender and rise to surface.

*Serves 6. Each  $\frac{1}{2}$  cup serving has:  
115 calories. Less than 1 g fat.*

