

Savoury Stuffed Baked Apples

Hands On: 15 minutes

Total Time: 1 hour

Makes: 4 servings

INGREDIENTS:

4 red apples
2 tbsp (30 mL) olive oil
1 onion, chopped
1 clove garlic, minced
2 tsp (10 mL) each chopped fresh sage, thyme and rosemary
1/4 tsp (1 mL) each salt and pepper
1/2 lb (250 g) lean pork sausages, casing removed
1/2 cup (125 mL) crushed garlic croutons
1/4 cup (60 mL) finely grated Parmesan cheese
1 tbsp (15 mL) chopped fresh chives

DIRECTIONS:

1. **Halve** the apples stem to tip end. Remove core with melon baller and discard. Scoop out flesh, leaving 1/2-inch (1 cm) thick border. Chop scooped-out apple flesh and reserve.
2. **Preheat** oven to 375°F (190°C). Heat oil in skillet set over medium heat; sauté onion, garlic, sage, thyme, rosemary, salt, pepper and reserved apple for about 10 minutes or until softened. Let cool. Stir in pork and half of the crushed croutons.
3. **Stuff** each apple half with pork mixture. Place in 11- x 7-inch (2 L) glass baking dish. Sprinkle with remaining crushed croutons and Parmesan cheese. Bake for 35 to 40 minutes or until internal temperature of pork reaches 160°F (71°C). Sprinkle with chives before serving.

Tips:

- Use red apples, such as McIntosh or Royal Gala.
- For crisp, flavourful apples, look for firm and shiny ones without any bruises.