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Nudi Apple “Pie”

I was recently roasting vegetables for a butternut squash soup and the recipe called for roasting the apples, onions, and butternut squash all in the same pan. My baking sheet was too small to hold all the fruit and veggies so I decided to roast the apples separately. When I took the apple wedges out of the oven, they were beautifully browned and oozing with juice. Once they cooled a bit I snacked on one and thought it made a yummy “no guilt” dessert. It was like eating an apple pie without the crust so I called the wedges “nudi apple pie”. Nudi is Italian for naked—which is just what you have with these treats-- a little buck naked apple pie!

No crust, no guilt, loads of flavor. The kids will love making these.

1 large tart apple, such as Ida Red, McIntosh, or Cortland

Preheat oven to 375 degrees.

Line a baking sheet with no stick foil or parchment paper.

Peel and core the apple and cut it into 4 or 6 wedges.

Place the apple wedges on the lined baking sheet.

Bake the apple wedges for 25 minutes or until they are just beginning to brown and ooze a bit of juice.

Remove them from the oven and cool for 5 minutes.

Serve warm. Ice cream or whipped cream optional!

Serves 1.

Victoria Wesseler

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