

apple-cinnamon dutch baby

Serves 6 • Vegetarian

1 teaspoon canola oil	¾ cup fat-free milk
2 Golden Delicious apples, peeled, cored, and cut into thin wedges	1 large egg
3 tablespoons apple juice or cider	1 large egg white
½ teaspoon ground cinnamon	2 teaspoons unsalted butter, melted
Pinch grated nutmeg	¼ teaspoon salt
2 tablespoons granulated sugar	½ cup all-purpose flour
	1 tablespoon confectioners' sugar

1 Heat oil in medium ovenproof skillet over medium heat. Add apples, apple juice, cinnamon, nutmeg, and 1 tablespoon granulated sugar. Cook, uncovered, stirring occasionally, until apples are tender and most liquid has evaporated, about 10 minutes.

2 Meanwhile, preheat oven to 400°F. Whisk together milk, egg, egg white, melted butter, salt, and remaining 1 tablespoon granulated sugar in medium bowl. Gradually whisk in flour, whisking until smooth. Pour batter over hot apple mixture. Transfer to oven and bake 20 minutes.

3 Reduce oven temperature to 350°F and continue to bake until pancake is puffed and golden, 15–20 minutes longer. Cool pancake in skillet on rack 10 minutes. Sprinkle top lightly with confectioners' sugar and cut into 6 wedges. Serve warm or at room temperature.

PER SERVING (1 wedge): 135 Cal, 3 g Total Fat, 1 g Sat Fat, 0 g Trans Fat, 39 mg Chol, 133 mg Sod, 23 g Carb, 1 g Fib, 4 g Prot, 49 mg Calc.

PointsPlus value: 4.

cook's note

This big pancake makes an easy, simple dessert, too. To dress it up a bit, you can serve each slice topped with light vanilla ice cream (a ¼-cup scoop of light vanilla ice cream will increase the per-serving **PointsPlus** value by 1).



Lemon-Poppy Seed Flax Muffins, Page 25, and Apple-Cinnamon Dutch Baby