

Dessert

Apple Phyllo Cigars

Alison Ladman - for The Associated Press

Palm Beach Post

Start to Finish Time: 45 minutes

Phyllo dough tears easily. So while this recipe needs only 4 sheets, it's a good idea to have 6 or 8 thawed and ready to use. Most packages contain 40 sheets.

1/4 cup sugar
1/2 teaspoon cinnamon
1/4 teaspoon ground nutmeg
2 Gala or Fuji apples, peeled, cored and diced
small pinch salt
1 teaspoon lemon juice
1 teaspoon water
1 teaspoon cornstarch
4 sheets phyllo dough
butter-flavored or plain cooking spray

In a small bowl, stir together the sugar, cinnamon and nutmeg.

In a medium skillet over medium-high heat, toss the apples with one tablespoon of the sugar mixture and the salt. Saute' until just tender, about 3 to 4 minutes.

In a small cup, mix together the lemon juice, water and cornstarch. Stir into the apples and cook for another 30 seconds or until thickened. Remove from the heat and allow to cool.

When ready to assemble the cigars, preheat the oven to 400 degrees.

Coat a baking sheet with cooking spray.

Evenly stack the four sheets of phyllo dough. With a paring knife, slice the stack in half lengthwise. Remove one half sheet from the stack and cover the rest with plastic wrap, then a damp, but not wet, kitchen towel.

Place the piece of phyllo dough in front of you and spoon one tablespoon of the apple filling across one of the short ends. Spritz the dough lightly with cooking spray and sprinkle lightly with about 1/2 teaspoon of the reserved spiced sugar.

Starting with the apple end, roll up the pastry sheet to create a log with the apples in the middle. Place the cigar on the prepared baking sheet, with the loose end down. Repeat with the remaining apple filling, sugar mixture and pastry sheets.

Spray the tops of the cigars lightly with cooking spray and sprinkle with a bit more of the sugar.

Bake for 15 minutes or until golden and crisp.

Serve warm or at room temperature.

Yield: 8 cigars

Per Serving (excluding unknown items): 438 Calories; 5g Fat (14.9% calories from fat); 5g Protein; 56g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 368mg Sodium. Exchanges: 3 Grain(Starch); 0 Fruit; 1 Fat; 3 1/2 Other Carbohydrates.