

Dessert

Caramelized Apple Chips

Southern Living Test Kitchen

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1 small apple

1 cup sugar

1 cup water

Preheat the oven to 350 degrees.

Using a mandoline, cut the apple into 1/16th-inch-thick slices cutting through the stem and bottom.

In a three-quart saucepan over medium-high heat, bring the sugar and water to a boil, stirring constantly.

Add the apple slices and cook, stirring often, for 10 to 12 minutes or until the apples are slightly translucent and syrup begins to thicken. Remove from the heat.

Quickly remove the apples from the syrup, one at a time, using tongs. Place in a single layer on a wire rack in a pan. Discard the remaining syrup or save for another use.

Bake the apples for 10 to 15 minutes or until golden. Remove from the oven and transfer the apples to lightly greased wax paper, using tongs.

Cool completely (about 10 minutes). The apples will crisp as they cool.

Yield: 24 chips

Per Serving (excluding unknown items): 855 Calories; trace Fat (0.5% calories from fat); trace Protein; 221g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 1 1/2 Fruit; 13 1/2 Other Carbohydrates.