
Apple `N Onion Casserole

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

6 medium apples, peeled, quartered and sliced

3 medium cooking onions, thinly sliced

1/3 cup brown sugar

1/2 teaspoon cinnamon

salt

2 tablespoons butter

Preheat the oven to 350 degrees.

Grease a 1-1/2 quart casserole dish.

Place a layer of apples and onions in the bottom of the casserole dish. Sprinkle with cinnamon, salt and some of the brown sugar. Repeat the layers and seasonings until the casserole is amply filled. Dot with butter. Cover tightly.

Bake in the oven for 45 to 55 minutes.

(Goes very well with pork dishes.)

Yield: 5 to 6 servings

Side Dishes

Per Serving (excluding unknown items): 875 Calories; 26g Fat (25.0% calories from fat); 2g Protein; 174g Carbohydrate; 23g Dietary Fiber; 62mg Cholesterol; 253mg Sodium. Exchanges: 0 Grain(Starch); 8 1/2 Fruit; 4 1/2 Fat; 3 Other Carbohydrates.