
Grenadine Apple Compote

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

Servings: 6

3 pounds McIntosh apples

2 tablespoons lemon juice

1 1/2 cups water

3/4 cup sugar

piece of lemon rind

3 tablespoons grenadine

Peel, core and cut the apples into wedges. Toss with lemon juice. Place in a saucepan. Bring to a boil with the water, sugar and piece of lemon rind.

Simmer covered for 10 minutes or until tender but firm enough to hold their wedge shape.

Stir in two to three tablespoons of grenadine.

Chill.

Dessert

Per Serving (excluding unknown items): 120 Calories; 0g Fat (0.0% calories from fat); trace Protein; 31g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 0 Fruit; 2 Other Carbohydrates.