

Roast balsamic apples & red onions



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Preparation: about 20–25 minutes

Cooking: about 25 minutes

Serves: 4

4 (about 750g) Granny Smith apples, peeled, cored and cut into thick wedges

2 red onions, peeled and cut into wedges

2 garlic cloves, finely chopped

2 tbs olive oil

1 tbs balsamic vinegar

1 tbs honey

Salt and ground black pepper

1. Preheat oven to 200°C. Combine apples, onions and garlic in a large bowl. Drizzle with oil, balsamic vinegar and honey. Season with salt and pepper to taste. Toss until well combined.
2. Arrange apple mixture in a large non-stick roasting pan. Roast for 25–30 minutes, tossing once, until apples are golden and tender. Serve with roast pork or chicken.



Granny Smith apples

- A crunchy source of dietary fibre and also contains natural sorbitol. Both fibre and sorbitol help to keep you regular.
- Good source of vitamin C. Among its many functions, vitamin C contributes to healthy bones, teeth and gums.
- Low GI which means its carbohydrates are digested and release their energy slowly.