



Grilled Savory Apples with Gouda

Prep: 15 minutes

Grill: 6 minutes • Serves: 4

- 1. Fresh Thyme:** Prepare outdoor grill for direct grilling over high heat. In small bowl, add 2 teaspoons chopped fresh thyme.
- 2. Celery Salt:** Add ½ teaspoon celery salt.
- 3. Crushed Red Pepper:** Stir in ½ teaspoon each crushed red pepper flakes and fresh ground black pepper.
- 4. Apples:** Cut 4 medium Fuji or Gala apples in half; remove cores and cut each into 6 wedges. Spray apple wedges with nonstick cooking spray and place on hot grill rack; cover and cook 6 minutes or until grill marks appear, turning once. Transfer apples to serving plate.
- 5. Cheese:** Sprinkle ½ cup coarsely grated Gouda cheese and thyme mixture over apples.

*Approximate nutritional values per serving (6 topped apple wedges):
201 Calories, 8g Fat (5g Saturated), 32mg Cholesterol, 379mg Sodium,
25g Carbohydrates, 4g Fiber, 18g Sugars, 8g Protein*

Dietitian's Dish

- > Apples are a good source of vitamin C, antioxidants and fiber, which should help with immunity and gut health. Some believe a healthier gut will improve overall health and wellness. Whether that is proven or not, there's no downside to eating more apples.