



SWEET STUFF
Coarse sugar, which is made of larger crystals than those in table sugar, is also known as decorating, shimmering, or sparkling sugar.

WARNING!
Ask an adult's permission before using the stove or the oven.

Bake up cinnamon apple pie fries

Ingredients

- 3 apples, peeled, cored, and finely chopped
- 2 tablespoons granulated sugar
- 2 tablespoons brown sugar
- ¾ teaspoon ground cinnamon
- ½ teaspoon lemon zest
- 1 tablespoon cornstarch
- 1 tablespoon salted butter
- All-purpose flour
- 2 (9-inch) rounds refrigerated pie dough
- 1 egg
- 2 tablespoons coarse sugar
- Whipped cream or caramel sauce, for dipping

Instructions

1. Heat the oven to 400° F and line 2 baking sheets with parchment paper. In a heavy pot over medium heat, combine apples, granulated and brown sugars, cinnamon, and lemon zest with ¼ cup water. Cook, stirring occasionally, until the apples are softened, about 8 minutes. Remove apples from the heat.
2. In a small bowl, stir the cornstarch with 2 tablespoons of water. Pour the mixture into the apples and stir with a wooden spoon until thickened. Stir in the butter, then lightly mash the apples with the back of the spoon. Let cool for 10 minutes.
3. On a floured surface, roll each dough round into a 12-inch circle. Spread apple mixture evenly over one of the rounds, then top mixture with the other dough round. Use a pizza cutter to slice the filled dough into 1-inch-wide strips, then cut each strip into 4- to 5-inch lengths. Put fries 1 inch apart on prepared baking sheets.
4. In a small bowl, whisk egg with 1 tablespoon of water. Brush fries with the egg wash and sprinkle with coarse sugar. Bake until golden brown, about 15 minutes. Let cool slightly, then serve with whipped cream or caramel sauce for dipping. Makes about 6 servings.



ECO TIP OF THE WEEK PACK LIGHT FOR YOUR NEXT TRIP

Packing light for a trip makes traveling easier. Your bag won't be as heavy to carry, and you'll be able to find whatever you need inside it much more quickly. By packing light, you'll also be helping the environment. Hauling heavier luggage, whether by plane, train, or car, requires more fuel. Lighter luggage requires less fuel, which helps reduce the greenhouse gas emissions released into the atmosphere. So think through what you really need. Pack no more than one outfit for each day, and choose clothes you can mix and match so you can wear things more than once. Shoes are heavy, so limit those. Take travel sizes of toiletries and paperback books instead of hardcover.

Bring just the essentials!

