

ZUCCHINI FRIED APPLES
Recipe by Janeva Eickhoff
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Ingredients:

- 3 C. sliced szucchini (see how to cut/prep in tips below)**
- 2 tsp. olive oil**
- 1 tsp. lemon juice**
- 1 tsp. Splenda or Stevia**
- ½ - 1 tsp. cinnamon**
- 1 T. Walden Farms caramel syrup (or dip)**
- 1 T. Walden Farms apple butter (if you don't have this, use extra syrup)**
- 1 T. Walden Farms maple syrup**

Directions:

1. Heat olive oil in a frying pan over med/med hi heat. Add lemon juice and zucchini; stir fry until golden brown.
2. Add remaining ingredients, heat through cooking about 3-5 minutes while gently stirring.
3. Place in a covered container and refrigerate until ready to use.

Servings: 3 C. veggies

TIP: *You may peel the zucchini or leave it on, the texture will be tender either way. It will depend on the dish you are making, sometimes the green skin doesn't look appealing in an apple dish and you may want to remove it. When prepping zucchini for this dish, cut zucchini lengthwise in half. Run a spoon down the center of each half to scoop out any soft seed/flesh area. Cut ½" slices crosswise, they will look like apple slices.

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