



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: Apples

Apple Flautas

Ingredients:

4 red apples, sliced or diced
1 package raw tortilla sheets
½ cup granulated sugar
¼ cup brown sugar
½ cup apple juice
2 tsp Mexican cinnamon
2 Tbs cornstarch
2-4 Tbs butter
1 tsp vanilla
¼ tsp salt
cinnamon sugar
cooking spray

Directions:

Preheat your oven to 350F. Line a baking sheet with parchment paper, set aside. In a mixing bowl, combine the sugars, salt, cinnamon, and corn starch until incorporated. Set aside.

To make the apple filling: Heat a heavy wide mouthed skillet over medium heat. Melt the 2 tablespoons butter. Lower the heat if the butter begins to darken too quickly. Stir in the apple slices, sautéing as they begin to release their juices. If needed, add a couple more pats of butter if the apples begin to dry up. Once the apples have released their juice, add the flour cornstarch mixture stirring to coat the apples completely. Add the apple juice and vanilla. The apple juice will begin to thicken after a couple minutes. Allow to cool. (You can make the filling 1-4 days ahead)

Starting an inch away from the edge, fill a tortilla sheet with 3-4 tablespoons of filling depending on the size of your tortilla sheets, then snugly roll the tortilla sheet to the other edge to form a flauta. Place the apple flauta seam side down on the baking sheet. Repeat this procedure for the remaining flautas. Lightly spray over the flautas with cooking spray. Sprinkle with cinnamon sugar. Bake for 15-20 minutes depending on the size of your flautas.

Serve warm.