

COOKING CORNER

A Savory Way To Satisfy A Yearning For Spring

(NAPSA)—One delicious way to satisfy the yearning for spring is to prepare recipes that are rich in the flavors of your favorite fruits. The following recipes for Dijon Apple-Encrusted Pot Roast and Fruit Cobbler may serve as savory reminders of the joys of sunnier days to come.

Dijon Apple-Encrusted Pot Roast (Serves 6)

- 2 pounds Pot Roast
- 32-ounce bottle Mott's Apple Juice
- 2 teaspoons dried thyme
- 1 dash salt
- 2 cups Mott's Natural Apple Sauce, which has no added sugar
- 3 tablespoons Dijon mustard
- 2 cups crushed stuffing mix or breadcrumbs

1. Brown the Pot Roast in a Dutch oven/stewing pot.

2. Add 1 teaspoon thyme, salt, and the 32 ounces of Mott's Apple Juice. Cover and simmer on low for 1 hour.

3. Flip over and cook for another hour.

4. Transfer to a baking sheet when the meat has finished cooking. (Discard excess juice.)

5. Preheat oven to 375°F.

6. Combine mustard, 1 teaspoon thyme, and 2 cups of apple sauce.

7. Cover the Pot Roast with the Apple Sauce mixture, and top with stuffing.

8. Bake in the oven for 10-15 minutes or until brown.



This fruit cobbler blends the sumptuous flavors of berries, peaches, pears and apples.

Fruit Cobbler (Serves 6)

- 1 can sliced peaches, drained
- 1 can sliced pears, drained
- 1 cup fresh or frozen blueberries
- 3 cups Mott's Natural Apple Sauce, divided into 2 cups and 1 cup
- 2 cups pancake/biscuit mix
- 2 tablespoons sugar

1. Preheat oven to 375°F.

2. In a deep 9" x 9" baking pan, add the peaches, pears, blueberries, and 2 cups of Mott's Natural Apple Sauce.

3. In a separate bowl, mix 2 cups of pancake/biscuit mix with 1 cup of apple sauce.

4. Spread the mixture over the fruit.

5. Sprinkle with sugar.

6. Bake for 35-45 minutes or until the top is brown and sides are bubbling.

Serving Suggestions

Serve either warm or cold with a dollop of fat-free topping.

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