

Apple Pistachio Crisp

Serves 4

Ingredients:

- 3 apples (such as Honeycrisp, cored and cut into 1" chunks and unpeeled)
- 1/2 cup raisins
- 1/2 lemon (juiced)
- 1/2 cup old fashion oats
- 1/4 cup whole wheat flour
- 1 teaspoon cinnamon
- 3 tablespoon brown sugar
- 1/4 cup pistachios (unsalted, chopped)
- 2 tablespoon margarine or butter (melted)



Directions:

- Place rack in center of oven and preheat to 350 °F.
- Place sliced apples, raisins, and lemon juice in 8" x 8" pan or baking dish; toss.
- In a bowl, mix remaining ingredients except melted margarine.
- Add melted margarine and mix until texture is consistent. Sprinkle over apple-raisin mixture.
- Bake uncovered 45-50 minutes or until apples are tender.

Notes

Serving Suggestion: Serve with an 8 oz. glass of fat-free (skim) milk, 3 oz. boneless, skinless chicken breast, and 1/2 cup green beans.

Source:

Produce For Better Health Foundation

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 330	
% Daily Value *	
Total Fat	10g
Saturated Fat	2g
Trans Fat	
Cholesterol	0mg
Sodium	60mg
Total Carbohydrate	60g
Dietary Fiber	7g
Sugars	25g
Protein	5g
Vitamin A	62mcg RAE
Calcium	47mg
Vitamin C	8mg
Iron	2mg
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat	9 · Carbohydrate 4 · Protein 4

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