



SUNNY APPLE CRISP

A crisp is one of the easiest desserts that a nonbaker can make.

Topping:

4 tablespoons cold unsalted butter, cut into pieces
1/2 cup packed light-brown sugar
1/2 cup all-purpose flour
1/2 cup rolled oats
1 teaspoon ground cinnamon
1/2 cup chopped walnuts
4 apples, peeled, cored and cut into 1/2-inch dice
2 tablespoons fresh lemon juice
Vanilla ice cream or heavy cream, for serving (optional)

1. Preheat the oven to 350°F. Butter an 8-inch square baking dish.
2. For topping, combine the butter, sugar, flour, oats and cinnamon in a bowl. Work together with fingertips until mixture resembles coarse meal. Toss in nuts; set aside.
3. Toss the apples with lemon juice and spoon into the baking dish. Sprinkle topping evenly over the apples. Bake in center of the oven for 1 hour or until bubbly and the apples are tender. Let cool slightly. Serve warm, topped with ice cream or cream, if desired. Per serving (without ice cream): 290 calories, 38g carbohydrates, 15g fat, 4g protein, 21mg cholesterol.

Nutritional Breakdown: New Wellness, Richmond, Va.

Makes 6 servings.

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