

ZAPPED APPLE CRISP

Makes 6 servings (¾ cup or 4 oz.)

Original recipe by Mary Ross (Atlanta)

Ingredients:

- ◆ 4 apples (such as granny smith, or another firm apple) peeled, sliced ¼ -inch thick
- ◆ 2 Tbsp. lemon juice (juice of 1 lemon)
- ◆ ½ cup uncooked old-fashioned oats
- ◆ ⅓ cup brown sugar
- ◆ 3 Tbsp. all-purpose flour
- ◆ 3 Tbsp. margarine or butter
- ◆ 1 tsp. ground cinnamon
- ◆ ⅛ tsp. salt

How to make:

Adults: Clean, peel and slice the apples. (Healthful hint: Eat the high-fiber peel for a snack.)

Kids: Layer the peeled, sliced apples in a 1 or 1 ½-quart microwave-safe casserole dish. Sprinkle with lemon juice between layers. Microwave on high power for 2 ½ minutes, or until apples are tender-crisp. Set cooked apples aside.

Adults: In small microwave-safe bowl, combine oats, brown sugar, flour, margarine or butter, cinnamon and salt. Microwave on high power for 1 minute; stir. Microwave another 30 seconds, or until hot and bubbly.

Kids: Spread the oat mixture over the apples. Microwave on high power for 5 minutes, or until apples are tender and the topping is bubbly.

Adults: Scoop out to serve. Tastes great warm with a scoop of low-fat vanilla frozen yogurt.

You'll fall for this fall-time favorite. This microwave version is just as tasty as the longer-cooking, oven-baked kind.

HEALTHY RECIPE MAKEOVER HOW-TO:



By just slightly reducing the brown sugar, flour and margarine or butter, this recipe's apple flavors shine through—and so does its nutritional value.

Did you know?

Apple crisp also tastes great with raisins or currants—just sprinkle a few between each of the apple layers.

Nutrition Info per serving:

180 Calories, 31 g Carbohydrates, 2 g Protein, 6 g Total fat, 1 g Saturated fat, 0 mg Cholesterol, 3 g Dietary Fiber, 120 mg Sodium, 6% Vitamin A, 10% Vitamin C, 2% Calcium, 6% Iron