

Winter Crisp

Only 1 tablespoon of margarine is used to make the crumb topping of this tart and tangy fruit dessert that is cholesterol free and low sodium.

Filling:

1/2 cup sugar	3 tbsp all-purpose flour
1 tsp lemon peel, grated	3/4 tsp lemon juice
5 cup apples, unpeeled, sliced	1 cup cranberries

Topping:

2/3 cup rolled oats	1/3 cup brown sugar, packed
1/4 cup whole wheat flour	2 tsp ground cinnamon
1 tbsp soft margarine, melted	

To prepare filling, in a medium bowl combine sugar, flour, and lemon peel; mix well. Add lemon juice, apples, and cranberries; stir to mix. Spoon into a 6-cup baking dish.

To prepare topping, in a small bowl, combine oats, brown sugar, flour, and cinnamon. Add melted margarine; stir to mix. Sprinkle topping over filling. Bake in a 375° F oven for approximately 40-50 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature.



Nutritional Information

Yield: 6 servings--Serving Size: 1-3/4-inch by 2-inch piece

Each serving provides:

Calories: 284

Total fat: 6 g

Saturated fat: 1 g

Cholesterol: 0 mg

Sodium: 56 mg