

APPLE-CHERRY CRISP

INGREDIENTS

- 4 large cooking apples (such as Braeburn, Cortland or Granny Smith), peeled, thinly sliced (about 6 cups)
- 1 bag (10 oz) Cascadian Farm™ organic frozen sweet cherries
- ¼ cup sugar
- 3 tablespoons all-purpose flour
- 1 ½ cups Cascadian Farm™ organic oats & honey granola
- Vanilla yogurt, if desired



DIRECTIONS

1. Heat oven to 375°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. In large bowl, mix apples, cherries, sugar and flour until blended. Spoon into baking dish. Cover with foil.
2. Bake 40 minutes. Uncover; stir gently. Sprinkle with granola; press slightly. Bake uncovered 10 to 15 minutes longer or until apples are tender and topping is light golden brown. Let stand 15 minutes before serving. Serve with yogurt.

NUTRITIONAL INFORMATION PER SERVING:

Serving Size: 1 Serving
 Calories 160 | Calories from Fat 15 | Total Fat 1.5g 3% | Saturated Fat 0g 0% | Trans Fat 0g |
 Cholesterol 0mg 0% | Sodium 30mg 1% | Potassium 190mg 5% | Total Carbohydrate 35g 12% |
 Dietary Fiber 3g 11% | Sugars 15g | Protein 2g
 % Daily Value*: Vitamin A 0% | Vitamin C 4% | Calcium 0% | Iron 4%
 Exchanges: 1 Starch; 0 Fruit; 1 1/2 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0
 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 0 Fat;

SERVES: 9

RECIPE SOURCE: BETTYCROCKER.COM

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Resolutions

Cook more meals at home

Research shows that people who cook more meals at home have better diet quality and less body fat than people who eat more meals on the go. In fact, a study in 11,396 adults found that those who ate 5 or more home-cooked meals per week were 28% less likely to be overweight, compared with those who ate fewer than 3 home-cooked meals per week. Start by making one meal a day, then increase the frequency over time until you're making the majority of your meals and snacks at home.

Source: eatingwell.com

