

Winter Crisp Dessert

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

½ c. sugar
3 tbsp. all-purpose flour
1 tsp. lemon peel, grated
¾ tsp. lemon juice
5 c. apples, sliced and with peels
1 c. cranberries
2/3 c. rolled oats
1/3 c. brown sugar, packed
¼ c. whole wheat flour
2 tsp. ground cinnamon
1 tbsp. soft margarine, melted

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. In a small bowl, combine oats, brown sugar, flour and cinnamon. Add melted margarine; stir to mix. Sprinkle over filling. Bake at 375 degrees Fahrenheit for 40-50 minutes or until filling is bubbly and top is brown. Serve warm.

Yield: 6 servings. Each serving provides 284 calories, 6g total fat, 1g saturated fat, 0 mg cholesterol and 56mg sodium.

Source: www.nhlbi.nih.gov

