

## Juicy Apple Crisp

*Apples never let you down: You can get them year-round, and you can use just about any variety in this quintessential always-works dessert. With this kind of dependability, who needs chocolate?*

1/2 cup regular oats  
1/3 cup packed brown sugar  
1 tablespoon all-purpose flour  
1 1/2 tablespoons butter, melted  
1 tablespoon thawed apple juice concentrate  
1/2 teaspoon ground cinnamon  
2 tablespoons granulated sugar  
1 tablespoon cornstarch  
1/2 teaspoon ground cinnamon  
1/8 teaspoon salt  
8 cups sliced peeled Granny Smith apple (about 2 pounds)  
1/4 cup thawed apple juice concentrate, undiluted  
2 tablespoons water  
3/4 cup vanilla light ice cream

Preheat oven to 425°.

Combine first 6 ingredients; set aside.

Combine the granulated sugar, cornstarch, 1/2 teaspoon cinnamon, and salt. Place the apple slices in an 11 x 7-inch baking dish, and sprinkle with the cornstarch mixture. Pour 1/4 cup juice concentrate and water over the apple mixture. Top with the oat mixture. Bake at 425° for 25 minutes or until bubbly and golden brown. Let stand for 15 minutes. Serve with ice cream.

**Yield: 6 servings (serving size: 1 cup apple crisp and 2 tablespoons ice cream)**

CALORIES 258(16% from fat); FAT 4.6g (sat 2.4g,mono 1.2g,poly 0.5g); PROTEIN 2.2g;  
CHOLESTEROL 10mg; CALCIUM 56mg; SODIUM 101mg; FIBER 3.4g; IRON 1.2mg; CARBOHYDRATE  
55.2g

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