

# Cran-Apple Crisp



## Ingredients:

- 4 apples, cored and thinly sliced
- 1 can (16 ounce) whole cranberry sauce
- 2 teaspoons soft margarine, melted
- 1 cup uncooked oatmeal
- $\frac{1}{3}$  cup brown sugar
- 1 teaspoon cinnamon

## Preparation:

1. Preheat oven to 400 F.
2. Wash apples and remove cores. With peel on, slice thinly.
3. In a bowl, combine the cranberry sauce and apples. Pour into an 8 x 8-inch pan.
4. Combine melted margarine with oatmeal, brown sugar, and cinnamon until well blended. Sprinkle over apple-cranberry mixture.

5. Cover and bake for 15 minutes.
6. Uncover and bake 10 more minutes, until the topping is crisp and brown.
7. Serve warm or cold.

## Yields 8 ( $\frac{3}{4}$ cup) servings

## Nutritional Information Per Serving:

220 calories, 2 g protein, 52 g carbohydrate, 2 g fat, 0 mg cholesterol, 4 g fiber, 25 mg sodium

Source: U.S. Department of Agriculture

Dining Smart Community is a program of UPMC Health Plan that supports healthy dining options in the workplace and the community. Learn more at [www.upmchealthplan.com/dscommunity](http://www.upmchealthplan.com/dscommunity).

