

Apple Crisp

Nonstick cooking spray
 $\frac{1}{3}$ cup water
5 medium apples
 $\frac{1}{3}$ cup firmly packed brown sugar
 $\frac{1}{4}$ cup all-purpose flour
 $\frac{1}{2}$ teaspoon ground cinnamon
2 tablespoons margarine

Makes 8 portions, $\frac{1}{2}$ cup each

Per portion

Calories:	125
Carbohydrate:	25 grams
Protein:	1 gram
Fat:	3 grams
Saturated fat:	0
Cholesterol:	0
Sodium:	42 milligrams
Dietary fiber:	3 grams

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1. Preheat oven to 350°.
 2. Coat 7x11 inch baking pan with cooking spray. Pour water into pan.
 3. Wash, peel, core, and slice apples. Arrange apple slices in prepared pan. Coat apple slices lightly with cooking spray.
 4. Combine brown sugar, flour, and cinnamon. Cut in margarine with two knives until mixture is crumbly.
 5. Sprinkle mixture evenly over apples. Bake uncovered at 350° for 30 minutes or until apples are tender.