



## Sargent Choice Apple Crisp

*Serves 12*

### Ingredients

3 lbs apples (approx. 9 medium apples), sliced  
1 TB Lemon Juice  
1/4 cup white sugar  
1 TB cornstarch  
1/4 cup whole wheat flour  
2/3 cup rolled oats  
1/2 cup brown sugar  
1 tsp cinnamon  
1/8 tsp salt  
1/4 cup canola oil

### Directions

Preheat oven to 375 degrees

1. For the topping: Combine flour, rolled oats, brown sugar, cinnamon, salt and canola oil in a medium bowl and work them together with a fork or your fingertips until uniformly moistened.
2. To make the filling: Combine the apples peeled and sliced into 1/2 inch slices), lemon juice, sugar and cornstarch.
3. To assemble: Coat a 9x13 baking dish with cooking spray. Transfer the apple mixture to the dish. Sprinkle the topping evenly over the apples. Bake until the apples are fork-tender and the topping is golden brown, about 35-45 minutes.

Visit [www.bu.edu/sargentchoice](http://www.bu.edu/sargentchoice) and our blog for more recipes!

### BU SARGENT CHOICE NUTRITION CENTER

WEB SITE: [www.bu.edu/scnutrition](http://www.bu.edu/scnutrition)

© 2011 Trustees of Boston University. All rights reserved.

E-MAIL: [scnc@bu.edu](mailto:scnc@bu.edu)

PHONE: 617-353-2721

Created 9/14