

# Apple Pistachio Crisp

## Ingredients:

3 apples (such as Honeycrisp, cored and cut into 1" chunks and unpeeled)

1/2 cup raisins

1/2 lemon (juiced)

1/2 cup old fashion oats

1/4 cup whole wheat flour

1 teaspoon cinnamon

3 tablespoons brown sugar

1/4 cup pistachios (unsalted, chopped)

2 tablespoons of margarine or butter

(melted)

## Instructions:

Place rack in center of oven and preheat to 350 degrees.

2. Place sliced apples, raisins, and lemon juice in 8x8 pan or baking dish; toss.

3. In a bowl, mix remaining ingredients except melted margarine.

4. Add melted margarine and mix until texture is consistent. Sprinkle over apple-raisin mixture.

5. Bake uncovered 45-50 minutes or until apples are tender.

Serving Suggestion: Serve with an 8 oz. glass of fat-free (skim) milk, 3 oz. boneless, skinless chicken breast and a 1/2 cup of fresh green beans.

4. Chill

5. Serve

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