

Maple-Walnut Apple Crisp

This delicious apple crisp, courtesy of Cooking Light, is so satisfying, family and friends won't even know it's light, too!

- **Yield:** 9 servings

Ingredients

- 1/3 cup all-purpose flour
- 1/2 cup packed light brown sugar
- 1/3 cup regular oats
- 1/4 teaspoon ground cinnamon
- 1/4 cup chilled butter or stick margarine, cut into small pieces
- 3 tablespoons chopped walnuts
- 7 cups sliced peeled Rome apple (about 3 pounds)
- 1/4 cup maple syrup
- 1/2 teaspoon ground cinnamon

Preparation

Preheat oven to 375°.

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, sugar, oats, and 1/4 teaspoon cinnamon in a medium bowl; cut in butter with a pastry blender or 2 knives until mixture is crumbly. Stir in walnuts.

Combine apple and remaining ingredients in a large bowl; toss well. Spoon apple mixture into an 8-inch square baking dish or 1 1/2-quart casserole. Sprinkle with crumb mixture. Bake at 375° for 45 minutes or until golden brown. Serve warm.

Nutritional Information

Amount per serving

- Calories 208
- Calories from fat 31 %
- Fat 7.1 g
- Sat fat 3.4 g
- Mono fat 1.9 g
- Poly fat 1.3 g
- Protein 1.8 g
- Carbohydrate 36.5 g
- Fiber 2.3 g
- Cholesterol 14 mg
- Iron 0.9 mg
- Sodium 58 mg
- Calcium 27 mg