



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

10/18

Find more recipes at www.usda.gov/whatscooking

USDA is an equal opportunity provider, employer, and lender.

Apple Pistachio Crisp

Prep time: 1 hour

Makes: 4 Servings

Fruit-based desserts can contribute to making half your plate fruits and veggies. True to their name, Honeycrisp apples are sweet and crunchy, perfectly delicious raw, but also ideal in baking. And their sweetness lends potential to reducing added sugar, as we did with this apple crisp.



Ingredients

- 3 apples (such as Honeycrisp, cored and cut into 1" chunks and unpeeled)
- ½ cup raisins
- ½ lemon (juiced)
- ½ cup old fashion oats
- ¼ cup whole wheat flour
- 1 teaspoon cinnamon
- 3 tablespoons brown sugar
- ¼ cup pistachios (unsalted, chopped)
- 2 tablespoons margarine or butter (melted)

Directions

1. Place rack in center of oven and preheat to 350 °F.
2. Place sliced apples, raisins, and lemon juice in 8" x 8" 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.

Notes

Serving Suggestion: Serve with an 8 oz. glass of fat-free (skim) milk, 3 oz. boneless, skinless chicken breast, and ½ cup green beans.

Nutrition Information

Nutrients

Amount

Calories

330

Total Fat

10 g

Saturated Fat

2 g

Cholesterol

0

Sodium

60 mg

Total Carbohydrate

60 g

Dietary Fiber

7 g

Total Sugars

25 g

Added Sugars included

9 g

Protein

5 g

Vitamin D

0

Calcium

47 mg

Iron

2 mg

Potassium

416 mg

N/A - data is not available

MyPlate Food

Groups

■ Fruits 1 1/2 cups

■ Grains 1 ounce

■ Protein Foods 1/2 ounce

For more information on

MyPlate Food Groups visit

ChooseMyPlate.gov

