

Rustic apple–cranberry tart

Serves 8

For the filling:

½ cup dried cranberries

¼ cup apple juice

2 tbsp cornstarch

4 large tart apples, cored, peeled and sliced

1 tsp. vanilla extract

¼ tsp ground cinnamon

2 tsp sugar

For the crust:

1 ¼ cups whole wheat, whole meal flour

2 tsp. sugar

3 TBSP trans free margarine

¼ cup ice water

Preheat oven to 375. In small microwaveable bowl combine the cranberries and apple juice. Micro cook on high for 1 minute, then stir. Heat at 30 sec. intervals until the apple juice is very hot. Cover and set aside until close to room temp. About 1 hour. In a large bowl combine the cornstarch and apple slices. Toss well to coat evenly. Add the cranberry juice mixture, mix well. Stir in vanilla and cinnamon. Set aside

To prepare crust combine the flour and sugar. Using a fork or pastry cutter cut in margarine until crumbly. Add the ice water 1 TBSP at a time and mix until dough begins to form a rough mass. Tape a large piece of foil to the countertop. Place dough in the center and flatten. Using a rolling pin roll the dough from the center to form a 13" circle. Place the Fruit filling in the center of the dough and spread out leaving a 2" until browned edges of the crust up and over the filling. It wont cover the filling it should look rustic. Sprinkle with 2 tsp. sugar. Remove tape from foil and countertop. Place another piece of foil on top of the tart to cover the exposed fruit. Slid tart bottom & top foil included onto a cookie sheet and bake about 30 minutes. Remove the top foil and continue baking 10 minutes until browned. Cut into wedges and serve

Nutritional Analysis:

1/8th of pie

197 calories

5g fat

1 g saturated

2 g monosaturated

0 g cholesterol

52 mg sodium

35 g carbohydrates

3.5 g fiber

3 g protein