

Apple Crisp II

Donna Pawlikowski

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

4 cups apples, peeled and sliced
2 tablespoons lemon juice
1/2 cup packed brown sugar
1/2 cup uncooked quick cooking oats
1/4 cup margarine or butter
1 teaspoon ground cinnamon
1/2 teaspoon salt
1/8 teaspoon ground nutmeg

Place the apples into a one-quart casserole dish.
Sprinkle with lemon juice.

Microwave on HIGH (100%) until the apples are tender-crisp, 2-1/2 to 4 minutes. Set the apples aside.

In a small bowl, combine the brown sugar, oats, margarine cinnamon, salt and nutmeg.
Microwave on HIGH (100%) until hot and bubbly, 1-1/2 to 3-1/2 minutes, stirring after half the cooking time.

Spread the mixture over the apples.

Microwave on HIGH (100%) until the apples are tender and the topping is bubbly, 4 to 6 minutes.

Per Serving (excluding unknown items): 1096 Calories; 48g Fat (37.3% calories from fat); 2g Protein; 179g Carbohydrate; 13g Dietary Fiber; 124mg Cholesterol; 1578mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Fruit; 9 Fat; 7 Other Carbohydrates.