

Apple Crisp

Author: Adapted from Gibraltar School District, Carla Marr, Homegrown F2S Recipes, WI Dept of Public Instruction

Recipe type: Hot Fruit & Grain Dish- HACCP Process 2

Cuisine: A quick and easy breakfast or lunch dish, warm and inviting!

Prep time: 60 mins Cook time: 40 mins Total time: 1 hour 40 mins

Serves: 100 $\frac{2}{3}$ cup

This is a January or March school recipe for apples.

USDA Meal Components: $\frac{1}{2}$ oz Credible Grains, $\frac{1}{4}$ c fruit

Cooking and Prep Level: Basic.

Ingredients

- 9 lbs Apples, fresh Granny Smith, cored and chopped
- 96 oz USDA Applesauce, canned
- 10 $\frac{2}{3}$ oz Lemon Juice, fresh
- 1 lb Sugar, white granulated
- 4 oz Cinnamon, ground
- 1 lbs 8 oz Oatmeal, rolled
- 1 lbs 6 oz Sugar, brown
- 1 lbs 6 oz Flour, whole grain
- 1 lbs 2 oz Flour, white all purpose
- 1 lbs 8 oz Butter, salted

Instructions

1. CCP: Preheat oven; Convection 350°F, Conventional 375°F
2. Add chopped apples to lemon juice, tossing to coat.
3. Add the white sugar and cinnamon to the apples. Toss to coat.
4. Add the applesauce to apples, stir to combine. Set aside.
5. Melt butter in a microwave-safe bowl.
6. In a large bowl (using a floor mixer or by hand) combine oatmeal, flours and brown sugar. Slowly add the melted butter until a cookie dough-like consistency is reached.
7. Grease two 20 x 12 x 4-inch pans.
8. Pour apple/applesauce mixture on bottoms of pans, spreading evenly.
9. Pour oatmeal mixture on top of apple mixture, spreading so it completely covers the surface.
10. Bake at 40 mins, in convection or 50 mins in a conventional oven.
11. The top should be golden brown.
12. CCP: Internal temp of 135°F must be reached for 15 seconds.
13. Serve warm with a #6 scoop.

Notes

Did you know there are 2,500 varieties of apples are grown in the United States? In colonial time, apples were called winter banana or melt-in-the-mouth. The old saying, "An apple a day, keeps the doctor away." comes from an old English adage, "To eat an apple before going to bed, will make the doctor beg his bread."

Learn about Illinois apples here: AgintheClassroom/Apples

Nutrition Information

Serving size: $\frac{2}{3}$ cup Calories: 154 Fat: 6.1 g Saturated fat: 3.6 g Trans fat: 0 Carbohydrates: g Sugar: 13.7 g Sodium: 42.3 mg Fiber: g Protein: g Cholesterol: 14.6 g

Recipe by Illinois Harvest of the Month at <http://harvestillinois.org/?p=1100>