

Modified Apple Pie

(This recipe came from "Modifying Recipes for Better Health," produced by Colorado State University Cooperative Extension.)

Yield: 8 servings

Ingredients:

| | |
|---|---------------------------------------|
| 1¾ cups flour | 2 tablespoons raisins |
| 1½ teaspoons sugar | 1 tablespoon cornstarch |
| ¼ cup vegetable oil | ¼ teaspoon nutmeg |
| 3 to 4 tablespoons cold water | ½ teaspoon cinnamon |
| 6 cups sliced apples (peeling optional) | 1 teaspoon sugar (for topping pastry) |
| ¼ cup unsweetened apple juice | |

Procedure:

For crust, mix flour and sugar in medium-sized bowl; add oil and mix until particles are the size of small peas. Sprinkle in cold water, 1 tablespoon at a time, and mix until flour is moistened and dough almost cleans sides of bowl. Divide pastry in half and form into balls; roll out each between two pieces of waxed paper cut to 2 inches larger than inverted pie pan. Peel off top papers. Place pastry for bottom crust, paper side up, loosely in pan. Peel off paper and press in place so no air is between dough and pan. Trim off excess with knife. For filling, toss apples with juice immediately after slicing; add raisins, cornstarch, nutmeg and cinnamon and mix to coat. Turn mixture into dough-lined pan. Cut slits in pastry for top crust; place over filling, paper side up. Peel off paper. Trim overhanging edge of pastry ½-inch from rim. Flute edges and sprinkle pastry with sugar. Crimp a 3-inch strip of foil over fluted edge to prevent overbrowning. Bake at 425 F for 40 to 50 minutes or until crust is brown and juice begins to bubble. Remove foil last 15 minutes.

about 245
calories and
8 grams of fat
per serving

Using oil in place of solid shortening decreases the saturated fat content. A slice of more traditional apple pie usually has about 525 calories and almost 30 grams of fat.

NDSU Agriculture Communication



Modified Apple Pie