

COMMENTS:

1 Many cooks prefer using tart apples, such as Pippin, Graevenstein, or Granny Smith, in pies. In this particular tart, I like to use apples with a sweet-tart taste, so I can add less sweetener.

If substituting tart apples, increase the sweetener by 2 tablespoons.

2 Because sugar substitutes differ from sugar in sweetness, the amount needed depends on the sweetener used:

Splenda or sugar - $\frac{3}{4}$ cup
Fructose - $\frac{1}{2}$ cup

For additional information, see Sweeteners, page 37.

3 To reduce saturated fat, use trans-free margarine. Since it contains sodium (90mg per tablespoon), it will increase the sodium per serving to 86mg.

To keep fat and sodium to a minimum, use a combination of trans-free and unsalted.

LIGHT APPLE TART

Sodium Per Serving – 27mg

Serves 6

This light and refreshing tart is the perfect ending to a wonderful meal and is a great favorite whenever I entertain. The secret is using fructose, which keeps the taste of sugar to a minimum and allows the flavor of the apples to come through. Friends who have tried this using sugar, say it just doesn't taste quite the same.

1 BASIC PIE CRUST (see pg 229) or unbaked pie shell

3 apples (preferably 2 Fujis and 1 Braeburn), peeled and thinly sliced¹

$\frac{1}{2}$ – $\frac{3}{4}$ cup sugar substitute or sugar²

$\frac{1}{2}$ tablespoons all-purpose flour

$\frac{1}{4}$ teaspoon ground cinnamon

2 tablespoons unsalted margarine or butter³

- ▶ Preheat oven to 425°F (220°C). Adjust oven shelf to lowest level.
- ▶ Place pie crust in a 9-inch tart pan with a removable base, pressing dough into the bottom and up the fluted sides of the pan.
- ▶ Arrange apple slices in a circular design. There will be 3 layers of alternating varieties (bottom and top are Fujis, middle layer is Braeburn slices).
- ▶ Mix together sweetener, flour, cinnamon, and margarine. If using a processor, pulse until well mixed; sprinkle evenly over the apples.
- ▶ Bake on the lowest oven rack for 40 to 45 minutes, until crust is golden brown. Remove and cool before serving.

NUTRITIONAL INFO PER SERVING: Calories 269, Fat 14g (Saturated Fat 3g), Cholesterol 0mg, Carbohydrates 34g (Fiber 1g, Sugar 7g), Sodium 27mg (67mg with store-bought shell)

TOTAL SODIUM AND FAT PER INGREDIENT

Sodium:

1 BASIC PIE CRUST - 159mg
or store-bought - 400mg

Fat (Sat Fat):

1 BASIC PIE CRUST - 66mg (12mg)
or store-bought - 56mg (16mg)
3 apples - 1mg (0mg)
2 T NSA margarine - 16mg (3mg)
or NSA butter - 24mg (16mg)

FOOD NOTE

ABOUT APPLES

Apples are high in fiber and potassium, have no fat, and are sodium free. They have many health benefits, including cancer prevention, cholesterol reduction, and reduced risk of stroke. There are over 2,500 varieties of apples, some of the most popular are: *Braeburn* (sweet-tart), *Fuji* (sweet), *Gala* (sweet), *Golden Delicious* (mellow-sweet), *Granny Smith* (tart), *McIntosh* (tart), and *Red Delicious* (sweet).

Selection: Should be firm, shiny, and free of blemishes.

Preparation: To minimize browning, prepare just before using, or to protect from browning, dip cut pieces into a solution of one part lemon juice and three parts water.

Storage: Keep in plastic bags in the refrigerator up to six weeks. Apples stored in fruit bowls do not stay crisp for very long.