

Warm fruits: *comfort food for chilly months*

When you think of fruit, do you picture cold watermelon in the summer? Or crisp, fresh-picked apples in the fall?

Fruit can be a wintertime comfort food, too. Just add heat! Cooking fruit not only brings out its sweet flavor, but it can be a warm, soothing treat on a cold day.

Some fruits, like apples and pears, can be boiled, baked, sauteed or even stewed. Add a drizzle of honey and some warm spices like cinnamon and ginger. Cooked fruit makes a healthy and delicious dessert.

Source: Produce for Better Health Foundation



Recipe: *Winter crisp*

INGREDIENTS

1/2 cup sugar
3 tablespoons flour (all purpose)
1 teaspoon lemon peel (grated)
5 cups apple (unpeeled, sliced)
1 cup cranberries (fresh)
2/3 cup rolled oats
1/3 cup brown sugar (packed)
1/4 cup whole wheat flour
2 teaspoons cinnamon
3 tablespoons soft margarine (melted)

DIRECTIONS

Filling:

1. Combine sugar, all purpose flour and lemon peel in a bowl and mix well.
2. Stir in apples and cranberries.
3. Spoon into a 6-cup baking dish.

Topping:

1. Combine oats, brown sugar, flour, and cinnamon in a small bowl.
2. Stir in melted margarine.
3. Sprinkle topping over filling.
4. Bake at 375 degrees for 40 minutes or until filling is bubbly and top is brown.
5. Serve warm or at room temperature.

Nutrition Facts: Serving size: 1/6 of recipe. Calories 289; Total Fat 7 g; Saturated Fat 1 g; Cholesterol 0 mg; Sodium 54 mg; Carbohydrates 58 g; Dietary Fiber 6 g; Protein 3 g

Source: National Heart, Lung, and Blood Institute

