

Pear Crisp



Total time to prepare: 1 hour 20 minutes *Serves: 12*

Ingredients:

8	ripe, firm pears, cored and chopped
2 Tbs.	lemon juice
1 Tbs. + ½ cup	packed brown sugar
¼ cup	whole-wheat flour
1½ cups	old-fashioned rolled oats
½ tsp.	cinnamon
¼ tsp.	salt
¼ cup	chopped walnuts
¼ cup	butter, cut into small pieces
¼ cup	canola oil

Directions:

1. Preheat the oven to 350°F.
2. In a large bowl, mix the chopped pears with the lemon juice and 1 Tbs. of sugar. Transfer to a 9" x 13" baking dish.
3. In a medium bowl, mix the ½ cup of sugar with the flour, oats, cinnamon, salt, and walnuts. With a fork, thoroughly mix in the butter and oil.
4. Sprinkle the crumble evenly over the top of the pears.
5. Bake until the topping is browned and the pears are tender, 50-60 minutes.

Nutrition Information:

Per serving—

Calories: 250

Total fat: 11 g

Saturated fat: 3 g

Sodium: 55 mg

Carbohydrates: 37 g

Fiber: 5 g

Protein: 3 g

Added sugar: 2½ tsp.