

Farm Market Recipe



Peach-Raspberry Crisp

Ingredients:

Filling

- 2 pounds peaches, peeled (if desired, see Tip), pitted and sliced (5 cups), or frozen slices
- 1 cup raspberries, fresh or frozen
- 2 tablespoons granulated sugar
- 1 tablespoon lemon juice

Topping

- $\frac{2}{3}$ cup whole-wheat flour
- $\frac{1}{2}$ cup old-fashioned rolled oats (not instant)
- $\frac{1}{2}$ cup packed light brown sugar
- 1 teaspoon ground cinnamon
- Pinch of salt
- 1 tablespoon butter, cut into small pieces
- 1 tablespoon canola oil
- 3 tablespoons frozen orange juice concentrate
- 1 tablespoon chopped almonds or walnuts

Directions:

1. Preheat oven to 375 degrees F. Coat an 8-inch-square baking dish (or similar 1½- to 2-quart dish) with cooking spray.
2. To prepare filling, combine peaches, raspberries, granulated sugar and lemon juice in a large bowl; toss to coat. Place the filling in the prepared baking dish. Cover with foil. Bake for 20 minutes.
3. Meanwhile, make topping. Mix flour, oats, brown sugar, cinnamon and salt in a medium bowl with a fork. Add butter and blend with a pastry blender or your fingertips. Add oil and stir to coat. Add orange juice concentrate and blend with your fingertips until the dry ingredients are moistened.
4. After 20 minutes, stir the fruit filling and sprinkle the topping evenly over it. Sprinkle with almonds (or walnuts). Bake, uncovered, until the fruit is bubbly and tender and the topping is lightly browned, 20 to 25 minutes more. Let cool for at least 10 minutes before serving. Serve warm or at room temperature.

Tip: Dip peaches in boiling water for 30 or 40 seconds to loosen their skins. Let cool slightly, then slip off skins with a paring knife.

Nutrition Facts:

Servings: 8 Serving size: $\frac{1}{2}$ cup

Per Serving: calories 258; carbohydrates 49g; dietary fiber 4g; total sugars 33g; added sugars 16g; protein 5g; total fat 6g; saturated fat 2g; cholesterol 12mg; vitamin A 509IU; vitamin C 20mg; folate 21mcg; sodium 64mg; calcium 79mg; iron 1g; magnesium 49mg; potassium 387mg

Recipe from Eatingwell