



Healthy Recipes

Recipe: Rustic apple-cranberry tart

By Mayo Clinic Staff

Dietitian's tip:

Any tart baking apple — such as Granny Smith, R.I. Greening or Northern Spy — works well in this rustic tart. Serve the tart with a scoop of fat-free frozen yogurt or a dollop of light or fat-free whipped topping.

Serves 8

Ingredients

For the filling

- 1/2 cup dried cranberries
- 1/4 cup apple juice
- 2 tablespoons cornstarch
- 4 large tart apples, cored, peeled and sliced
- 1 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon
- 2 teaspoons sugar

For the crust

- 1 1/4 cups whole-wheat (whole-meal) flour

- 2 teaspoons sugar
- 3 tablespoons trans-free margarine
- 1/4 cup ice water

Directions

Preheat the oven to 375 F. In a small microwave-safe bowl, combine the cranberries and apple juice. Cook on high for 1 minute, then stir. Heat for 30 seconds at a time — stirring after each interval — until the apple juice is very hot. Cover and set aside until the mixture is close to room temperature, about 1 hour. In a large bowl, combine the cornstarch and apple slices. Toss well to coat evenly. Add the cranberries and juice. Mix well. Stir in the vanilla and cinnamon. Set aside. To prepare the crust, add flour and sugar in a large mixing bowl. Using a fork or pastry cutter, cut in the margarine until the mixture is crumbly. Add the ice water 1 tablespoon at a time and mix with a fork until the dough begins to form a rough mass. Tape a large piece of aluminum foil to the countertop. Sprinkle it with flour. Place the dough in center of the foil and flatten. Using a rolling pin, roll the dough from the center to the edges, making a circle about 13 inches in diameter. Place the fruit filling in the center of the dough. Spread the filling over the dough, leaving a 1- to 2-inch border. Fold the edges of the crust up and over the filling. The pastry won't cover all of the filling — it should look rustic. Sprinkle with 2 teaspoons sugar. Remove tape from the foil and countertop. Place another piece of foil over the tart to protect the exposed fruit. Slide tart, bottom and top foil included, onto a cookie sheet and bake about 30 minutes. Remove the top foil and continue baking until browned, about 10 minutes. Cut into 8 wedges and serve immediately.

Nutritional analysis per serving

Serving size :1 wedge (1/8 of pie)

Total carbohydrate	35 g	Cholesterol	0
Dietary fiber	3.5 g	mg	
Sodium	52	Protein	3 g
mg		Monounsaturated	
Saturated fat	1 g	fat	2 g
Total fat	5 g	Calories	197

[DASH Eating Plan Servings](#)

Grains and grain products	1
Fats and oils	1
Fruits	1.5

[DASH recommended servings](#)

[Sample DASH menus](#)

Mayo Clinic Healthy Weight Pyramid Servings

Fruits	1.5
Fats	1
Carbohydrates	1

[Sample menu](#)

Diabetes Meal Plan Exchanges

Fats	1
Fruits	1.5
Starches	1

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Original article: <http://www.mayoclinic.org/healthy-living/recipes/rustic-applecranberry-tart/rcp-20049816>

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