

Summer Fruit Crisp

Filling:

3 cups fresh or frozen (partially thawed) sliced nectarines or sliced, peeled peaches
2 cups fresh or frozen (unthawed) blueberries, raspberries or pitted sweet cherries, or mix of these
1/3 cup white granulated sugar
1 tbsp cornstarch

Topping:

1/4 cup plus 2 tbsp quick-cooking oats
1/4 cup plus 2 tbsp whole wheat flour
1/4 cup plus 2 tbsp light brown sugar
1/2 tsp ground cinnamon
2 tbsp chilled regular Smart Balance[®] margarine
1/3 cup wheat germ

Nutrient Value (per serving)

Calories: 191 Carbohydrate: 39 g
Protein: 4 g Saturated Fat: 1 g
Fiber: 3.5 g

1. To make the filling, place the fruit in a large bowl, toss to mix well. Set aside.
2. Place sugar and cornstarch in a small bowl; stir to mix well. Sprinkle mixture over fruit; toss to mix well. (If fruit is tart, you may need to add another 2 tbsp sugar.)
3. Coat a 9" square pan with nonstick cooking spray. Spread fruit mixture evenly in the pan. Set aside.
4. To make the topping, place oats, flour, brown sugar, and cinnamon in small bowl; stir to mix well. Add margarine; stir until mixture is moist and crumbly. Stir in wheat germ. Sprinkle the topping over the filling.
5. Bake uncovered at 375°F for 35 to 40 minutes, or until filling is bubbly and topping is golden brown. Cover loosely with aluminum foil during the last few minutes of baking if the topping starts to brown too quickly. Allow to cool at room temperature for at least 15 minutes. Serve warm or at room temperature.

8 servings

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