

Summer e a t s Recipes

Week 4: Peach, Plum, and Apricot Crisp

Peaches, plums and apricots are excellent sources of **vitamin-A** and **carotenes**.

- Apricots have the highest source of Vitamin A (64% DV).
- Vitamin A and carotenes are known to have antioxidant properties and are essential for vision.

Canada's Food Guide recommends **seven to eight** servings of fruits and vegetables for females, and **eight to ten** for males. One serving is equivalent to one fruit or **½ cup** (125 ml).

Peach, Plum, and Apricot Crisp



- 4 ½ cups sliced peaches
- 2 cups sliced plums
- 2 cups sliced apricots
- ¾ cup granulated sugar
- 3 tbsp all-purpose flour
- ¼ tsp grated whole nutmeg
- Cooking spray
- 1 cup old-fashioned rolled oats
- ½ cup packed brown sugar
- ¾ cup all-purpose flour
- ½ tsp salt
- ¼ cup butter, melted
- 4 cups vanilla low-fat ice cream

Directions

1. Combine first 6 ingredients in a large bowl; let stand 15 minutes.
2. Preheat oven to 400°.
3. Spoon fruit mixture into a 13 x 9-inch glass or ceramic baking dish coated with cooking spray. Bake at 400° for 35 minutes or until bubbly.
4. Combine oats, brown sugar, flour, and salt in a bowl. Drizzle with butter, stirring until crumbly. Sprinkle oat mixture over fruit. Bake an additional 15 minutes or until topping is lightly browned and fruit is bubbly. Serve warm with ice cream.

Cook's Tip: Swap fruits for whatever is in season or at your local farmer's market or grocery store.

Nutritional Information (per serving)

Calories	299	Monounsaturated	1.6 g
Protein	5.1 g	Cholesterol	13 mg
Carbohydrate	58.3 g	Sodium	160 mg
Total Fat	6 g	Fiber	3.4 g
Saturated Fat	3.2 g	Makes 12 servings	

Resources: <http://www.nutrition-and-you.com/>, <http://www.myrecipes.com/>