

Rustic Cranberry Apple Tart

Ingredients:

For the filling:

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

For the crust:

- 1 1/4 cups whole-wheat flour
- 2 teaspoons sugar
- 3 tablespoons butter or margarine
- 1/4 cup ice water

Directions:

1. In a small microwave-safe bowl, combine the cranberries and apple juice. Cook on high for 1 minute, then stir. Continue to heat for 30 seconds at a time, stirring at each interval, until the apple juice is very hot. Cover and set aside until the mixture has cooled.
2. Heat the oven to 375°F. 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.
3. **For the crust:** Add flour and sugar to a large mixing bowl. Using a fork or pastry cutter, cut the butter until the mixture is crumbly. Add the ice water 1 tablespoon at a time and mix with fork until the dough begins to form a rough mass.
4. Tape a large piece of foil to the countertop. Sprinkle it with flour. Place the dough in the 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, leaving a 1 – 2 inch border. Fold the edges of the crust up and over the filling. The pastry won't cover all of the filling.
5. Remove tape from the foil and countertop. Place a piece of foil over the tart to protect the fruit. Slide tart, bottom and top foil included, onto a cookie sheet and bake for 30 minutes. Remove top foil and continue baking until browned, about 10 minutes. Cut into 8 wedges and serve.

Nutrition Facts	
Serving Size 1 slice (141g)	
Servings Per Container 8	
Amount Per Serving	
Calories 170	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 35g	12%
Dietary Fiber 4g	16%
Sugars 17g	
Protein 3g	
Vitamin A 6%	• Vitamin C 10%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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Source: Mayo Clinic

