



Skillet Fruit Cobbler



Where service *and savings* matter.

SERVINGS: 8

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving:
calories 210, calories from fat 60,
total fat 6g, saturated fat 3.5g,
cholesterol 15mg, sodium 290mg,
total carbohydrate 40g, dietary
fiber 1g, sugars 23g, protein 3g,
vitamin A 10%, vitamin C 4%,
calcium 15%, iron 6%

Batter

- 1/2 stick Land O'Lakes light butter
- 1 cup Food Club all-purpose flour
- 1/2 cup Food Club sugar
- 1/2 cup granulated Splenda
- 1 Tbsp baking powder
- 3/4 cup fat free milk

Fruit Filling

- 2 whole large tart apples
- 1/4 cup sugar
- 1/4 cup granulated Splenda
- 1/2 cup water
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg

DIRECTIONS:

1. Spray skillet bottom and sides to rim with nonstick cooking spray. Melt butter in skillet over low heat. In small bowl, mix flour, sugar, Splenda and baking powder by hand. Stir milk into dry ingredients until well mixed to make a batter. Set aside.

2. Peel, core, and slice apples. Place in medium saucepan with 1/4 cup sugar, 1/4 cup Splenda, 1/2 cup water, and seasonings. Cook over medium heat for 5 to 8 minutes or until apples are tender, stirring occasionally. Do not overcook.

3. Pour batter into skillet over melted butter. Add fruit mixture to top of batter. Bake in preheated oven at 325°F for 45 minutes or until well browned. Serve warm, topped with nonfat frozen vanilla yogurt if desired.

Tip: Other fruit such as fresh apricots or peaches may be substitutes for apples. For softer fruits such as these, use approximately 2 cups sliced fruit (peaches must be peeled). These fruits do not need to be cooked prior to baking in oven. Bring sugar, water, and seasonings to a boil. Stir in sliced fruit and add to skillet. Bake as directed above.

Source: adapted from Harrigan's in Lubbock

visit unitedtexas.com for more recipe ideas

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Shopping List

PRODUCE:

- 2 large tart apples

DAIRY:

- Land O'Lakes light butter
- Fat free skim milk

SPICES/SEASONINGS:

- Cinnamon
- Nutmeg

GROCERY/FROZEN/ MISCELLANEOUS:

- Food Club all-purpose flour
- Food Club sugar
- Granulated Splenda
- Baking powder

FOLD