

Light Apple Tart

Sodium Per Serving – 27mg

Serves 6

1 homemade LS pie crust or unbaked pie shell*

3 apples (preferably 2 Fujis and 1 Braeburn), peeled and thinly sliced*

1/2–3/4 cup sugar or sugar substitute*

1 1/2 tbsp all-purpose flour

1/4 tsp ground cinnamon

2 tbsp unsalted margarine or butter

1. Preheat oven to 425°F (220°C). Adjust oven shelf to lowest level.
 2. Place pie crust in a 9-inch tart pan with a removable base, pressing dough into the bottom and up the fluted sides of the pan.
 3. Arrange apple slices in a circular design. There will be 3 layers of alternating varieties (bottom and top are Fujis, middle layer is Braeburn slices).
 4. Mix together sweetener, flour, cinnamon, and margarine. If using a processor, pulse until well mixed; sprinkle evenly over the apples.
 5. Bake on the lowest oven rack for 40 to 45 minutes, until crust is golden brown. Remove and cool before serving.
-

NUTRITIONAL INFO PER SERVING: Calories 269, Fat 14g (Saturated Fat 3g), Cholesterol 0mg, Carbohydrates 34g (Fiber 1g, Sugar 7g), Sodium 27mg (67mg with store-bought shell)

*Recipe Notes

1. If purchasing a prepared crust, look for shells with 55mg or less sodium per serving.
2. Many cooks prefer using tart apples, such as Pippin, Gravenstein, or Granny Smith, in pies. In this particular tart, I like to use apples with a sweet-tart taste, so I can add less sweetener. If substituting tart apples, increase the sweetener by 2 tbsp.
3. If using a sugar substitute, the amount needed differs depending on the sweetener used. Check label for equivalent amount.