

Summertime Fruit Crisp

Submitted by Franny Eastwood, Family & Consumer Science Agent

As summer marches on, fresh fruit becomes more abundant and inviting. One popular dish to prepare with fresh fruit is a cobbler or a crisp. So where did this dish originate?

There are a couple stories about the cobbler. The fruit layer is usually topped with biscuits. Some say this was “cobbled together.” When baked, the biscuits puff up and the finished product looks like cobblestones on a street.

Another story from New England says it was called a “bird’s nest pudding” or “crow’s-nest pudding.” It is served with custard, but no topping in Connecticut, with maple sugar in Massachusetts, and a sour cream sauce in Vermont.

You can also make fruit crisp with canned fruit, like canned peaches. Fruit Crisp is an easy dessert to make, is easy on the budget, and it tastes delicious. So it is a good idea for a family reunion or barbeque with friends this summer.

The following recipe for fruit crisp makes enough for eight people but you could easily double the ingredients to make a larger amount if needed. However you make and eat your summer fruit cobbler, enjoy!

FRUIT CRISP

4 cups apples (peeled and sliced) OR 1 can (29 ounces) sliced peaches in light syrup or juice, drained

1/2 cup quick or old fashioned rolled oats

1/3 cup all purpose or whole wheat flour

1/3 cup white or brown sugar

1 teaspoon ground cinnamon

1/4 teaspoon salt

1/4 cup margarine or butter, cold (cut into chunks)

1/4 cup dried cranberries, raisins, or chopped nuts (optional)

INSTRUCTIONS

1. Preheat oven to 375° F.
2. Grease or spray with cooking spray the bottom of an 8" round or square pan.
3. Spread sliced apples or drained peaches over bottom of pan.
4. Stir together the oats, flour, sugar, cinnamon, and salt. Cut in the margarine using a pastry cutter, knives or by squeezing through your clean hands. (It will be easier to spread on the fruit with smaller chunks.) Add dried fruit or nuts, if desired.
5. Sprinkle flour mixture over fruit.
6. Bake uncovered for about 25 minutes or until topping is golden and fruit is bubbly.

Nutrition Facts: 8 Servings, Serving Size- ½ cup Calories- 150, Total Fat- 6 g, Sat Fat- 3.5 g, Cholesterol- 15mg, Sodium- 120 mg, Total Carb- 23 g, Dietary Fiber- 1 g, Sugars- 14 g, Protein- 1 g

Sources: Iowa State Extension. <https://spendsmart.extension.iastate.edu/> K-State Research and Extension. <http://enewsletters.k-state.edu/youaskedit/category/july-2017/>

For more information on nutrition, food safety, health, or family and child development contact the Marais des Cygnes Extension District Paola (913-294-4306) or Mound City (913-795-2829) offices, or write to fmeastwo@ksu.edu or check out our website: www.maraisdescygn.es.k-state.edu