

ALL-AMERICAN APPLE PIE

Plump raisins and juicy apple slices fill this pretty pie with wholesome, down-home goodness.



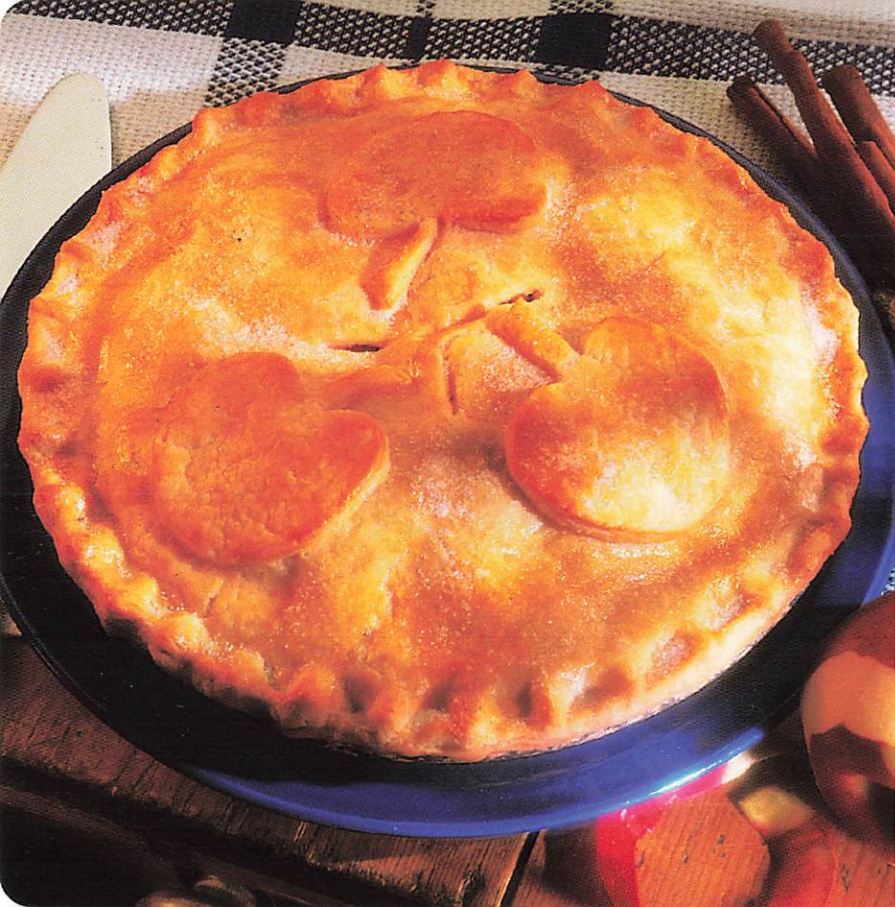
- Apples lend fiber, vitamins, and minerals to this dessert
- Raisins provide a good source of iron
- This pie is low in fat

Old Favorite



PREPARATION TIME
20 minutes plus cooling

BAKING TIME
35 to 40 minutes



MAKES 10 SLICES

- ¼ cup packed light brown sugar
- ¼ cup granulated sugar
- 1 tablespoon all-purpose flour
- 1 teaspoon grated lemon zest
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 6 medium baking apples, peeled, cored, and thinly sliced (about 2 pounds)
- 1 cup dark raisins
- 1 unbaked, ready-made 9-inch piecrust

FOR THE GLAZE

- 1 large egg, beaten (optional)
- 1 teaspoon granulated sugar (optional)

1 Preheat oven to 425° F. Spray a 9-inch deep-dish pie plate with vegetable cooking spray.

2 In a large bowl, combine brown sugar, granulated sugar, flour, lemon zest, cinnamon, and nutmeg. Mix well.

3 Add apples to sugar mixture; stir until coated. Stir in raisins. Spoon into prepared plate.

4 Place piecrust on top of filling. Trim edges, pressing against edge of pan. Using a sharp knife, cut steam vents in piecrust. To glaze, lightly brush piecrust with beaten egg. Sprinkle with sugar.

5 Bake until piecrust is golden brown, about 35 to 40 minutes. Place on a wire rack and cool for 30 minutes. Serve warm.



VARIATION

For a subtle but delicious change, replace the cinnamon with ground cardamom.

COOK'S TIPS

When choosing apples for pies, it's best to use tart, slightly acidic varieties that will hold their shape during baking. Good choices include Granny Smith, Jonathan, McIntosh, Newtown Pippin, Northern Spy, Winesap, Gravenstein, or York Imperial.

Always store apples in the coldest part of the refrigerator. If left at room temperature, they will deteriorate more quickly.



Use a cardboard stencil to make pastry cut-outs to decorate the pie. Place the stencil over the rolled-out dough, cut out shapes, and attach to piecrust.

PER SERVING: Calories 226 (24% from fat) Carbohydrates 43 g Protein 1 g Sodium 111 mg Fat 6 g Cholesterol 6 mg