Cast Iron Apple Cobbler

12 SERVINGS • SERVING SIZE: 1/2 CUP • PREPARATION TIME: 20 MINUTES • COOKING TIME: 40 MINUTES

FILLING
6 cups peeled, diced apples
3 tablespoons sugar
1 tablespoon cornstarch
1 teaspoon cinnamon
1/2 teaspoon lemon zest
2 tablespoons fresh lemon juice

TOPPING
1/2 cup all-purpose flour
1/2 cup regular oats
1/2 cup Splenda® brown sugar blend
2 tablespoons lite buttery spread, melted (such as Promise activ®)
2 tablespoons canola oil
2 teaspoons cinnamon

- Preheat the oven to 400°F.
- Combine the apples, sugar, cornstarch, cinnamon, lemon zest, and lemon juice in a bowl. Spoon into a 10-inch cast iron skillet.
- To prepare the topping, combine the topping ingredients in a small bowl and toss with a fork until well blended. Sprinkle the topping over the apple mixture and bake for 40 minutes.

Per serving: carbohydrate exchanges, 2; fat exchanges, 0.5; calories, 145; calories from fat, 30; total fat, 3.5 g; saturated fat, 0.4 g; trans fat, 0 g; cholesterol, 0 mg; sodium, 15 mg; total carbohydrate, 28 g; dietary fiber, 2 g; sugars, 19 g; protein, 1 g

Recipe from forecast.diabetes.org/recipes/cast-iron-apple-cobbler.