

Winter Fruit Gratin

(Makes 4 servings)

(V) – This recipe is a vegan option recipe!

Ingredients:

- Refrigerated butter cooking spray
(for vegan option, use a canola oil spray)
- 2 Bartlett pears, peeled and cut into bite-sized pieces (about 2 cups)
- 2 Gala apples, peeled and cut into bite-sized pieces (about 2 cups)
- 1 cup frozen cranberries
- 2 tablespoons brown sugar blend
- 3 tablespoons Grand Marnier or other orange liquor



Topping

- 1/3 cup rolled oats
- 1/4 cup sliced almonds
- 2 tablespoons brown sugar blend
- 2 tablespoons whole wheat flour
- 1/4 teaspoon ground cinnamon
- 2 tablespoons trans-fat free margarine, cut into small pieces

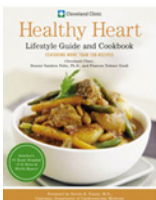
Directions:

- 1) Preheat the oven to 400°F. Lightly coat an 8-inch casserole with cooking spray.
- 2) Toss the pears, apples and frozen cranberries with the sugar blend and Grand Marnier in the prepared casserole.
- 3) In a small bowl, combine the oats, almonds, sugar blend, flour and cinnamon. With your fingers, work in the margarine to make a crumbly topping.
- 4) Sprinkle over the fruit and bake for 18 to 20 minutes, until the top is browned and the fruit bubbling.
- 5) Let cool for 5 minutes before serving in dessert bowls.

Nutritional Analysis: (per serving)

- Calories: 240
- Total Fat: 6 g
- Saturated Fat: 1 g
- Protein: 3 g
- Carbohydrates: 39 g
- Dietary Fiber: 7 g
- Cholesterol: 0 mg
- Sodium: 55 mg
- Potassium: 275 mg

Source:



This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).

The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.