



Apple Crisp

Ingredients:

For the filling:

- 4 cups chopped, seeded, peeled zucchini
- 1/3 cup lemon juice
- 1 packet sweetener
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg

For the topping:

- 1 packet Diet Right Oatmeal
- 2 tsp margarine
- 1 packet sweetener (Splenda/Stevia)
- 1/2 tsp cinnamon

Directions:

1. Preheat oven to 375°.
2. In a large oven safe skillet, such as cast iron, cook the zucchini and lemon juice over medium heat until the zucchini has softened, about 10-15 minutes. Drain excess liquid from the skillet, if needed.
3. Stir in the sweetener, cinnamon, and nutmeg to coat the zucchini.
4. Add the oatmeal packet, margarine, sweetener, and cinnamon to a small bowl and stir well to form moist crumbs. Add water as needed.
5. Sprinkle the topping over the zucchini.
6. Bake for 15-20 minutes.
7. Let set for 10 minutes before serving.

Makes 2 servings

Each serving = 2 cups Select Vegetables, 1 Diet Right Protein Product, 2 serving healthy fat, 2 extras.

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