



CHANGE ONE MEAL! November, 2016

RUSTIC APPLE-CRANBERRY TART



CHANGES COMING in 2017 for
CHANGE ONE MEAL at Chanute
Recreation Center! Watch for
more information!

Ingredients for Filling

- 1/2 cup dried cranberries
- 1/4 cup apple juice
- 2 T. cornstarch
- 4 large tart apples, cored, peeled and sliced
- 1 t. vanilla extract
- 1/4 t. ground cinnamon
- 2 t. sugar

Ingredients for Filling

- 1 1/4 cups unbleached flour (or can use whole wheat flour)
- 2 teaspoons sugar
- 3 T. margarine
- 1/4 cup ice water

Instructions

Preheat oven to 375 F. In a small microwave-safe bowl, combine the cranberries and apple juice. Cook on high for 1 minute, then stir. Heat 30 seconds at a time — stirring after each interval — until the apple juice is very hot. Cover and set aside until the mixture is close to room temperature. In a large bowl, combine the cornstarch and apple slices. Toss well to coat evenly. Add the cranberries and juice. Mix well. Stir in vanilla and cinnamon. Set aside. To prepare crust, add flour and sugar in a large mixing bowl. Using a fork or pastry cutter, cut in the margarine until mixture is crumbly. Add ice water 1T. at a time and mix with fork until dough forms a rough clump. On floured surface or cutting board, place dough in center and flatten. With rolling pin, roll dough from center to edges, making a circle about 13 inches in diameter. Place fruit filling in center of dough. Spread filling over the dough, leaving a 1- to 2-inch border. Fold edges of crust up and over the filling, leaving center open. Sprinkle with 2 teaspoons sugar. Slide tart onto lightly greased and floured cookie sheet. Loosely cover tart with piece of foil and bake about 30 minutes. Remove top foil and continue baking until browned, about 10 minutes. 8 servings.