

Apple – Walnut Cream Tart

Very easy to assemble and worth the extra steps.

Pre-preparation on some of the items makes for easy assembly the day of your celebration.



2/3 c. coarsely chopped walnuts

1/2 c. sugar (or Splenda)

1/4 c. 2%-reduced-fat milk

1/8 tsp. salt

1 large egg

2 Tbsp. sugar

1/2 tsp. ground cinnamon

Cooking spray

6 sheets frozen phyllo dough, **thawed (make sure you have these thawed in advance)**

1 Tbsp. margarine or butter

5 c. peeled, sliced Granny Smith apples (about 2 pounds)

1/3 c. raisins (*I use currants due to the smaller size. I also like to "plump" them in boiling hot water for about 5 minutes and drain them before using them. They are softer.*)

½ to 1 tsp. freshly grated lemon peel (*optional*)

3 Tbsp. sugar

1. Preheat oven to 400°F. Place walnuts in a single layer on a baking pan. Bake at 400°F for 5 minutes or until toasted; cool.
2. Place walnuts in a food processor; process until smooth (about 1 minute), scraping sides of bowl once. **(May do steps 1 and 2 in advance and keep walnuts refrigerated until use.)**
3. Combine walnut butter, 1/2 cup sugar, milk, salt, and egg; stir well with a whisk. **(May do in advance and keep refrigerated until use. Bring to room temperature before assembling tart)**
4. Combine 2 tablespoons sugar and cinnamon; set aside. **(May do in advance.)**
5. Melt butter in a large nonstick skillet over medium-high heat. Add apples; sauté 5 minutes or until lightly browned. Add raisins, lemon peel and 3 tablespoons sugar; cook 2 minutes, stirring occasionally. Cool apple mixture slightly.
6. Coat a 9-inch tart or pie plate with cooking spray.
7. **Working with 1 phyllo sheet at a time:** coat sheet with cooking spray; sprinkle with 1 teaspoon of the cinnamon mixture. Fold phyllo sheet in half lengthwise to form a 13 x 8 1/2-inch rectangle. Gently press folded phyllo sheet into prepared pan, allowing ends to extend over edges; spray phyllo with cooking spray. (*Note: I lay the 6 sheets of phyllo on a cookie sheet for easier clean-up.*)
8. Repeat procedure with remaining phyllo sheets and cinnamon mixture, arranging folded phyllo sheets in a crisscross pattern. Fold edges of phyllo under.
9. Arrange apple mixture in pan on top of phyllo crust. Pour egg mixture over apples.
10. Bake at 350°F for 40 to 50 minutes or until center is set. Cool 15 minutes before serving.

Yield: 10 servings (1 wedge)

Nutritional Information: Per serving:

Calories: 209

Total Fat: 7 g

Cholesterol: 25 mg

Carbohydrates: 36 g

Fiber: 1.7 g

Protein: 2.9 g

Sodium: 103 mg

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