



Reduced Fat Deep Dish Apple Pie

Recipe Courtesy Chef Bryan Woolley

Crust

- 1 1/4 cups whole-wheat pastry flour
- 1 1/4 cups all-purpose flour
- 2 tablespoons granulated sugar
- 1/2 teaspoon salt
- 4 tablespoons cold unsalted butter
- 1/4 cup reduced-fat sour cream
- 3 tablespoons canola oil
- 4 tablespoons ice water

Filling

- 4 cups thinly sliced peeled McIntosh apples
- 8 cups thinly sliced peeled Granny Smith apples
- 1/2 cup packed light brown sugar
- Pinch of salt
- 1 tablespoon lemon juice
- 1 1/4 teaspoons ground cinnamon, divided
- 1/8 teaspoon ground nutmeg
- Pinch of ground allspice
- 2 tablespoons all-purpose flour
- 1 teaspoon granulated sugar
- 1 large egg white, lightly beaten

To prepare crust:

1. Whisk whole-wheat flour, 1 1/4 cups all-purpose flour, 2 tablespoons sugar and 1/2 teaspoon salt in a large bowl. Cut butter into small pieces and, with your fingers, quickly rub them into the dry ingredients until the pieces are smaller but still visible.
2. Add sour cream and oil; toss with a fork to combine with the dry ingredients.
3. Sprinkle water over the mixture. Toss with a fork until evenly moist.
4. Knead the dough with your hands in the bowl a few times; the mixture will still be a little crumbly. Turn out onto a clean surface and knead a few more times, until the dough just holds together.
5. Divide the dough in half and shape into 5-inch-wide disks. Wrap the dough in plastic and refrigerate for at least 1 hour.

Filling:

1. Combine apples, brown sugar, lemon juice, 1 teaspoon cinnamon, nutmeg, allspice and pinch of salt in a large bowl. Reserving 4 cups of apples transfer the rest of the apple mixture to a Dutch oven.
2. Cook over medium heat, stirring, until the apples are tender and beginning to break down, about 10 minutes.
3. Remove from the heat, stir in the reserved apples and 2 tablespoons flour; let cool for about 30 minutes.

Combine:

1. Preheat oven to 425°F.

2. Remove the dough from the refrigerator; let stand for 10 minutes to warm slightly. Roll one portion between sheets of parchment or wax paper into a 13-inch circle.
3. Peel off the top sheet and invert the dough into a 9 1/2-inch deep-dish pie pan. Press lightly into the dish, allowing crust to overhang.
4. Peel off the remaining paper and fill crust with apple mixture.
5. Roll the remaining dough between sheets of paper into another 13-inch circle. Peel off the top sheet of paper and invert the dough onto the fruit. Peel off the remaining paper.
6. Trim the crust so it overhangs evenly. Tuck the top crust under the bottom crust, sealing the two together and making a plump edge. Flute the edge with your fingers or a fork.
7. Combine 1 teaspoon granulated sugar and the remaining 1/4 teaspoon cinnamon in a small bowl.
8. Brush the crust with egg white and sprinkle with the cinnamon-sugar. Cut 6 steam vents in the top crust.
9. Bake the pie at 425° for 20 minutes. Reduce the oven temperature to 375° and continue baking until the crust is golden brown and the filling is bubbling, 25 to 35 minutes more. Cover the edges with foil or a crust protector to avoid over browning.
10. Allow pie to cool on a wire rack for about 1 1/2 hours before serving.
11. Slice into 12 wedges, serve and enjoy!

Nutrition Facts

Serving size: 1/12 pie

Calories	270
Total Fat	8g
Saturated Fat	3g
Cholesterol	10mg
Sodium	105mg
Carbohydrates	47g
Dietary Fiber	4g
Sugars	23g
Protein	4g

Diabetic Exchanges

Protein	.5
Fat	1.5
Carbohydrates	3

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