

Flaky Apple Crumble

This delicious dessert of flaky phyllo crust and sweet apples features nuts from hardy, drought-resistant pistachio trees that bear for hundreds of years.

TOPPING:

- 1/2 cup all-purpose flour**
- 1/2 cup packed brown sugar**
- 1/2 cup soft whole wheat bread crumbs**
- 1/8 tsp. ground ginger**
- 1/4 tsp. ground cinnamon**
- 1/4 cup Spectrum Spread or other plant-based spread**
- 1/4 cup canola oil**
- 1/3 cup raw, unsalted pistachio nuts**

APPLE FILLING:

- 1/2 cup packed brown sugar**
- 2 tablespoons all-purpose flour**
- 1/2 teaspoon ground ginger**
- 1/2 tsp. ground cinnamon**
- 4 organic golden delicious apples, washed, cored and shredded**

PHYLLO CRUST:

Package of phyllo dough (approximately 13" x 18")

1/3 cup canola oil in a bowl (Use a pastry brush or a wadded up paper towel to apply the oil, or use a canola oil spray.)

TOPPING: In a medium bowl, combine the flour, brown sugar, bread crumbs, ginger and cinnamon. With a fork blend in Spectrum Spread and oil until mixture resembles coarse crumbs., Blend in the pistachios.

FILLING: In a large bowl, combine the brown sugar, flour, ginger and cinnamon. Add the apples, and combine them with the dry ingredients in the bowl.

PHYLLO CRUST: It's easy to work with delicate phyllo dough. Work quickly, and as you work keep the waiting sheets of phyllo covered with waxed paper. Coat an 8" square glass baking dish with canola oil. On a cutting board lay out the stack of phyllo, and with a sharp knife cut it in half. Carefully and quickly separate 12 individual half-sheets of phyllo, one by one. Place each sheet in the baking dish, and very lightly dab/brush its entire surface (including bottom and sides) with canola oil. When all half-sheets of phyllo are layered in the baking dish pour the apple mixture into the dish, and smooth it evenly. Lightly dab/brush the edges of the crust with canola oil.

Place a piece of waxed paper over the stack of unused phyllo, gently re-roll phyllo, and store it in the frig up to several weeks in a tightly closed plastic bag. Sprinkle the topping evenly over the apple mixture. Bake at 350° for 45-50 minutes until topping is toasted,

and phyllo is golden. Cool for 20 minutes before cutting into squares. Yield: 9 servings.
Tip: Keep phyllo crisp by re-warming leftover Crumble in a 300° oven for about 12 minutes rather than in a microwave.

Adapted by Kay Bushnell from a recipe by C. Simpkins in *Taste of Home* Oct/Nov 2005

**Note: See recipes from previous issues of the *Loma Prietan* at:
http://www.sierraclub.org/sustainable_consumption/recipes.**