

WALNUT-APPLE CRUNCH

Meat Alternate . Fruit . Grains/Breads

100 Servings

Ingredients

	Weight	Measure
Yellow Cake Mix	5 lb	13 cups
*Oats	14 oz	5 cups
*Walnuts	12 oz	3 cups
Margarine	1 lb 8 oz	3 cups
Cornstarch	1 cup
Water	6 oz	¾ cup
*No. 10 cans Sliced Apples	21 lb	4 cans
Reserved Liquid from drained apples	3 lb	1 qt 2 cups
Sugar	1 lb	2¼ cups
Honey	4 oz	1/3 cup
Cinnamon	1 Tbsp 1 tsp
Margarine	4 oz.	½ cup
*Walnuts	1 lb 8 oz	1 qt 2 cups

Directions

1. In large mixing bowl combine cake mix, oats, and walnuts.
2. Melt margarine and mix with dry ingredients to form a crumbly mixture. Set aside.
3. Dissolve cornstarch in water. Set aside.
4. Drain canned apples in colander reserving liquid.
5. Weigh out sugar, honey, cinnamon and margarine into a small pot.
6. Add 1½ quarts reserved apple liquid and water.
7. Bring to a boil and slowly pour cornstarch mixture into boiling liquid.
8. Cook for two minutes, until thickened.
9. Divide apples between four 12" x 20" x 2" pans.
10. Distribute 1 2/3 cups of hot, thickened cornstarch mixture over apples in each pan.
11. Sprinkle walnuts over top. Mix well.
12. Sprinkle one-fourth of crumb topping evenly over each pan of the apple filling.
13. Bake approximately 40 minutes in 375° preheated convection oven until streusel is golden brown.
14. Serve warm.
15. Each pan makes 25 portions.

*Commodities are in **Bold**

1. Serving:

**1 serving provides ¼ ounce of meat alternate,
½ cup of fruit, and ½ serving of grains/breads**

Yield: 100 Servings, 4 pans

Special Tip:

Canned pears, canned peaches, or tart cherries may be substituted for apples.

Nutrients Per Serving:

Calories	291	Saturated Fat	2.2g	Iron	.8mg
Protein	2g	Cholesterol	0mg	Calcium	47mg
Carbohydrate	37g	Vitamin A	67RE	Sodium	231mg
Total Fat	15.4	Vitamin C	1mg	Dietary Fiber	2g

*Recipe provided by Linda Rogers, Otwell Middle School, Forsyth County, Cumming, Georgia
This recipe has not been standardized by the USDA*