Summer Fruit Crisp

9 medium peaches (4 1/2 cups)             1 cup old fashioned rolled oats
2 cups plums, sliced              1/2 cup packed brown sugar, light or dark
2 cups apricots, sliced              3/4 cup white all-purpose flour
3/4 cup white granulated sugar             1/2 teaspoon table salt
3 Tablespoons white all-purpose flour             1/4 cup unsalted butter
1/4 teaspoon ground nutmeg             4 cups low-fat vanilla bean ice cream

Combine first 6 ingredients in a large bowl; let stand 15 minutes. Preheat oven to 400 degrees F. Spoon fruit mixture into a 13 x 9 inch glass or ceramic baking dish coated with cooking spray. Bake at 400 degrees for 35 minutes or until bubbly.

Combine oats and next 3 ingredients (through salt) in a bowl. Drizzle with butter, stirring until crumbly. Sprinkle oat mixture over fruit. Bake an additional 15 minutes or until topping is lightly browned and fruit is bubbly.

Serves: 12
Cost per serving: $.76 without ice cream; $1.04 with 1/3 cup ice cream

Nutrition facts per serving
Calories: 320
Total Fat: 6 g
  Saturated Fat: 3 g
  Trans Fat: 0 g
Cholesterol: 15 mg
Sodium: 130 mg
Total Carbohydrate: 64 g
Protein: 6 g
Fiber: 4 g

Serve with: Ice Cream

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