Mom’s Apple Crisp

Ingredients:  
  
1/2 cup all-purpose flour, plus 2 Tbsp  
1/2 cup old fashioned oats (not instant)  
1/4 cup packed brown sugar  
1/2 teaspoon ground ginger  
1/4 teaspoon cinnamon  
1 pinch salt  
3 tablespoons light stick butter, diced  
1 teaspoon water  
1/4 cup granulated sugar  
1/4 teaspoon ground nutmeg  
1 pinch ground cloves  
3 lbs jonathan apples, peeled and thinly sliced  
1 teaspoon vanilla extract  
  
Directions:  
  
1. Preheat the oven to 375°F Spray a shallow 1-1/2 quart baking dish with nonstick spray.  
2. To make the topping, combine the 1/2 cup flour, the oats, brown sugar, ginger, cinnamon, and salt in a medium bowl. With a pastry blender or 2 knives used scissor-fashion, cut in the butter until the mixture resembles coarse crumbs. Add the water and firmly press mixture to form clumps.  
3. To make the filling, mix the granulated sugar, the 2 tablespoons flour, the nutmeg, and cloves in a large bowl. Add the apples and vanilla; mix well. Transfer to the baking dish. Sprinkle the topping over the filling. Bake until the filling is bubbling and the topping is golden, 55 - 60 minutes. Serve warm or at room temperature.  
  
Makes 8 Servings  
  
Nutritional Info Per Serving: 227 calories; 5 g fat; 11 mg cholesterol; 46 g carbs;  
2 g protein; 5 g fiber; 62 mg sodium