



## Apple-Cranberry Brown Betty

Serves 6

3 cups cubed day old whole wheat bread  
3 cups peeled, cored, sliced apples (3-4 medium apples)  
2 cups fresh cranberries  
Juice of ½ lemon  
1 teaspoon chopped fresh rosemary or ¼ tsp. dried rosemary  
4 tablespoons unsalted butter  
½ cup unsweetened apple juice  
¼ cup brown sugar  
¼ cup white sugar

- Heat oven to 300 degrees.
- Spread bread cubes out on baking sheet. Bake, shaking once or twice until very lightly browned.
- Toss apple slices and cranberries in lemon juice and rosemary.
- Melt butter with apple juice in small saucepan over low heat.
- When bread is done, increase oven temperature to 375 degrees.
- Toss bread with sugars and ½ of the butter mixture.
- Spread 1 cup of bread mixture in greased 8" or 9" square or round baking dish.
- Top with half of apple-cranberry mix.
- Repeat layers, ending with bread. Drizzle remaining butter mixture over all.
- Bake until the liquid in the dish is bubbly and the top is browned, at least 30 minutes. Serve hot or warm.

Recipe from The Food Matters Cookbook by Mark Bittman

### Nutritional information:

Calories: 303.5      Total Fat: 10g      Sodium: 139.3mg  
Saturated Fat: 5.1g      Carbohydrate: 56.4g  
Dietary Fiber: 55g Protein: 3.6g