

Rustic Plum Crostata



Ingredients:

Filling:

- 1 lb ripe plums, pitted and sliced (about 2 $\frac{3}{4}$ cups)
- 1 tsp fresh grated lemon zest
- 3 Tbsp granulated sugar, divided use
- 1 Tbsp all-purpose flour
- $\frac{1}{4}$ tsp ground nutmeg

Crust:

- 1 cup all-purpose flour
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp baking powder
- $\frac{1}{4}$ tsp baking soda
- $\frac{1}{4}$ cup canola oil
- 3 Tbsp reduced-fat sour cream
- 1 egg white, beaten

Directions:

Preheat oven to 400° F. Place the plums and lemon zest in a large bowl and toss to combine. Combine 2 $\frac{1}{2}$ tablespoons of the sugar, the flour and nutmeg in a small bowl and stir to mix well. Sprinkle over the plum mixture and toss to coat. Set aside.

Crust: Line a baking pan with parchment paper and set aside. Combine the flour, salt, baking powder, and baking soda in a medium bowl. Combine the oil and sour cream in a small bowl and whisk until well mixed. Add the oil mixture to the flour mixture and stir until a stiff dough ball forms. Shape dough into a disk and place between two sheets of waxed paper. Roll dough to a 12-inch diameter circle. Remove the top layer of waxed paper and place the dough, with waxed paper facing up, into the parchment lined pan. Starting from edge of dough, gently remove the waxed paper.

Assembly: Place the filling in a mound in the center of the crust. Using the parchment paper to lift the crust, carefully fold the crust over the edge of the filling. Brush the crust with egg white and sprinkle with the remaining $\frac{1}{2}$ tablespoon of sugar. Bake for 25 to 30 minutes or until the crust is lightly browned and the fruit is bubbly. Cool in the pan on a wire rack. Serve warm or at room temperature.

Makes 8 servings, serving size: 1 slice

Nutritional Information: 232 calories, 10g fat, 1g saturated fat, 292mg sodium, 32g carbohydrate

Source: www.diabetes.org