

PRESIDENT JAMES A. GARFIELD

GARFIELD PIE

6-8
SERVINGS

10 MINS
PREP TIME

50 MINS
COOK TIME

INGREDIENTS

- 6 Granny Smith apples, peeled and sliced thin
- 2 cinnamon sticks
- 2 egg yolks
- 1 tablespoon unsalted butter, melted
- Zest and juice of 1 lemon
- 1 tablespoon flour
- 2 tablespoons sugar
- 1 9-inch pie crust (store bought or home-made)

INSTRUCTIONS

1. Preheat oven to 375°F.
2. Stew sliced apples in ½ cup of water and cinnamon sticks for 15 minutes or until the apples are soft. Drain and cool.
3. Once cool, gently toss with beaten egg yolks, melted butter, lemon zest, lemon juice, flour, and sugar.
4. Pour into the pie crust and bake for 35 minutes. No top crust required.

GARFIELD PIE



NUTRITION PER SERVING (6 SERVINGS)

Calories 147 • Total Fat 11g • Saturated Fat 6g • Sodium 47mg •
Total Carbohydrates 4g • Dietary Fiber 0g • Added Sugars 0g • Protein 9g

DIETITIAN'S NOTE

Top with a tablespoon of Greek yogurt to add a little protein and tang.

Adapted from: CBS News