

PRESIDENT CALVIN COOLIDGE

PORK-APPLE PIE

8
SERVINGS

25 MINS
PREP TIME

40 MINS
COOK TIME

INGREDIENTS

- 8 tart apples (Granny Smith, Gala, or Pink Lady will work fine)
- 1 cup maple sugar (or substitute brown or white sugar)
- ½ teaspoon nutmeg
- ½ teaspoon cinnamon
- 1 tablespoon flour
- salt to taste
- 10 tiny pieces of salt pork
- 1 9-inch pie crust (can use store-bought)

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Core, peel, and slice tart apples, and put into a deep pie plate without a bottom crust.
3. Mix together maple sugar, nutmeg, cinnamon, flour, and a generous pinch of salt. Add spice and flour mixture to the sliced apples and mix together.
4. Dot with salt pork.
5. Cover top with pie crust and bake for 10 minutes, then reduce heat to 350°F for 30 minutes.

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NUTRITION PER SERVING (8 SERVINGS)

Calories 425 • Total Fat 21g • Saturated Fat 8g • Sodium 475mg • Total Carbohydrates 56g • Dietary Fiber 5g • Added Sugars 20g • Protein 3g

DIETITIAN'S NOTE

To reduce the added sugars and sodium, cut the sugar and salt pork by half. The pie will be subtly sweet with the remaining ½ cup of sugar and the natural sugars in the apples.

Adapted from: Cookin with Congress