

Low-Point Peach and Plum Crostata

Ingredients:

- 2 ripe peaches, peeled, pitted, and thinly sliced
- 3 small ripe plums, pitted and thinly sliced
- 1/4 cup Splenda plus 1 Tbs
- Zest of a lemon, finely grated
- 2 Tbs flour
- pinch of salt
- 4 Tbs cold butter, cut into small pieces
- 1/4 cup chopped pecans
- 1 sheet frozen puff pastry sheet, thawed
- 1 egg

In a bowl, toss fruit and 1 Tbs Splenda. Let stand for 15 to 20 minutes. Preheat oven to 450 degrees. Line rimmed baking sheet with parchment paper or spray sheet with Pam baking spray.

Make topping: In a bowl, combine together 1/2 cup Splenda and lemon zest. Stir in flour and salt. Rub in butter using fingertips until mixture is crumbly. Note: Using the Splenda instead of sugar makes this mixture slightly softer and not so crumbly. Toss in pecans.

On a well-floured surface, roll out puff pastry to about a 14-inch round (however mine turned out more oval). Strain fruit mixture and spoon evenly onto pastry, leaving about a 2-inch border. Sprinkle topping over filling and fold over edges of pastry. Whisk egg with 1/4 tsp. cold water and lightly brush edges of pastry with egg wash. Bake for about 13 minutes until pastry begins to brown. Reduce heat to 400 degrees, cover with aluminum foil and bake another 15 minutes. Let cool about 10 minutes and enjoy!

Total servings - 6

Serving size - 1

Points per serving - 5

Points plus per serving - 4.5

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind." - Bernard M. Baruch