

## Apple Strudel

3 (about 1 lb.) Golden Delicious apples, peeled, sliced  
1 tbsp. reduced-calorie tub margarine  
2 tsp. fresh lemon juice  
1/2 tsp. cinnamon, ground  
1 sheet puff pastry, thawed  
3 tbsp. walnuts, chopped  
1 large egg white, lightly beaten with 1 tbsp. water

In medium saucepan, combine apples, 1/2 cup water, margarine, lemon juice, and cinnamon; cook over medium heat about 20 minutes, stirring frequently until apples are tender and liquid has evaporated; cool 15 minutes. On lightly floured surface, roll pastry to a 14" x 10" inch rectangle; place on ungreased baking sheet. Spoon apple mixture lengthwise down center third of pastry; sprinkle with walnuts; brush edges with egg white mixture. Fold pastry on left side over filling, then pastry on right side to form strudel. Pinch edges to seal; turn pastry over so seam side is down. Brush with remaining egg white mixture; refrigerate 30 minutes.

Preheat oven to 425°F, using a sharp knife make 3 slits in top of pastry without cutting through pastry. Bake 30 minutes or until puffed and golden. Cool on rack 30 minutes. Makes 8 servings.

Nutrition information per serving: calories 185; protein 2 grams; fat 11 grams; sodium 166 mg