



# Easy Apple Hand Pies

From *PBS Kitchen Explorers*



## Ingredients



## Directions



<u>Filling</u>	<u>Crust</u>	<u>Egg Wash</u>
<ul style="list-style-type: none"><li>• 1 cup chopped apple</li><li>• 3 tablespoons sugar</li><li>• 1/2 tsp cinnamon</li><li>• pinch of salt</li></ul>	<ul style="list-style-type: none"><li>• 1 1/2 cups all purpose flour plus more for dusting</li><li>• 1/2 cup cold unsalted butter</li><li>• 1 tablespoon sugar</li><li>• 1 pinch salt</li><li>• 1 teaspoon vinegar</li><li>• Up to 2 tablespoons water</li></ul>	<ul style="list-style-type: none"><li>• 1 egg, beaten + 1 TBSP water or milk</li></ul> <p>Yield: 8 hand pies</p> <p>Serving Size: 1 hand pie</p>

1. Preheat the oven to 375 degrees F.
2. To make the filling, mix the chopped apple with the sugar, cinnamon, and salt.
3. To make the crust, add the flour, butter, sugar, and salt to a food processor and pulsate until the mixture resembles fine cornmeal.
4. Add the vinegar and 1/2 tablespoon water and pulsate again. Add more water if needed. Dough should be workable but not sticky.
5. On a flour dusted surface, roll and cut the dough into small 4 inch circles that are 1/16-inch thick. Chill dough for up to 2 hours.
6. Spoon a tablespoon of filling on to one circle of dough. Place another dough circle on top of the filling and crimp it down with a fork until the edges are sealed. Repeat this until all the dough is used up.
7. Cut a "X" on top of each unbaked pie.
8. Brush each pie top with egg wash.
9. Place the pies on a baking sheet lined with parchment paper. Bake for 20 minutes and allow the pies to cool 10 minutes before serving.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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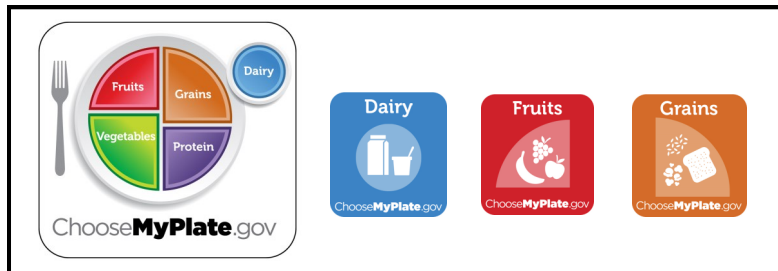
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Like other fillings? Try other sweet options like berries, or even try savory pies like spinach and cheese or other veggies.
- Use half whole-grain flour to make half your grains whole!

## Nutrition Facts



Easy Apple Hand Pies

# Nutrition Facts

Serving Size

1 Serving

Amount Per Serving

**Calories**

**221.7**

% Daily Value\*

Total Fat

11.9 g

15 %

Saturated Fat

7.4 g

37 %

Trans Fat

0.5 g

Cholesterol

30.5 mg

2 %

Sodium

111.2 mg

5 %

Total Carbohydrate

27 g

10 %

Dietary Fiber

2 g

7 %

Total Sugars

8.8 g

Added Sugars

6.2 g

12 %

Protein

3 g

Vitamin D

0 mcg

0 %

Calcium

11.8 mg

1 %

Iron

1 mg

6 %

Potassium

100.3 mg

2 %

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at [cronometer.com](http://cronometer.com)



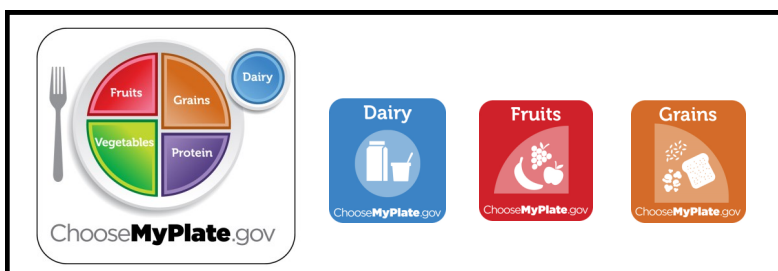
Second Harvest is an equal opportunity provider.



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Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	221.7	
	% Daily Value*	
Total Fat	11.9 g	15 %
Saturated Fat	7.4 g	37 %
Trans Fat	0.5 g	
Cholesterol	30.5 mg	2 %
Sodium	111.2 mg	5 %
Total Carbohydrate	27 g	10 %
Dietary Fiber	2 g	7 %
Total Sugars	8.8 g	
Added Sugars	6.2 g	12 %
Protein	3 g	
Vitamin D	0 mcg	0 %
Calcium	11.8 mg	1 %
Iron	1 mg	6 %
Potassium	100.3 mg	2 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		

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