



Fresh Chilean Blueberry Nectarine Cobbler

INGREDIENTS

1-2/3 cups flour
1/2 cup sugar, divided
6 Tbs. butter, cut into pieces
1-1/2 Tbsp. baking powder
1/4 tsp. salt
3/4 cup heavy cream, divided
4 cups fresh Chilean blueberries
1-1/2 lbs. (6 medium) ripe Chilean nectarines,
pitted and cut in eights

INSTRUCTIONS

Preheat oven to 350° F.



In the bowl of a food processor, combine flour, 1/4 cup of the sugar, butter, baking powder and salt. Pulse until the mixture resembles coarse crumbs. Set aside 1 Tbs. of the cream. Add the remaining cream to flour mixture; process until dough starts to form a ball, scraping sides of bowl as needed. Turn dough out onto a lightly floured surface; gently pat it together. Divide dough into eight 2-inch balls; flatten into rounds; wrap and refrigerate at least 20 minutes.

In a shallow 2-1/2 quart baking dish, combine blueberries, nectarines and 3 Tbs. of the sugar. Arrange dough rounds on top. Brush rounds with reserved cream; sprinkle with remaining 1 Tbs. sugar. Bake until the filling bubbles and the topping has browned, about 50 minutes.

Serve warm with ice cream, if desired.

SERVES 8

NUTRIENTS PER SERVING

346 calories, 13 gms fat, 113 calories from fat, 8 gms saturated fat, 38 mg cholesterol, 141 mg sodium, 5 gms protein and 4 gms dietary fiber

Recipe from the Chilean Fresh Fruit Association