

SAVORY PUMPKIN PIE

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

4 tsp olive oil	1 garlic clove, peeled
1/2 tsp dried sage leaves	1 can (10 oz) pumpkin puree
6 12x17" sheets phyllo dough, at room temperature	
3 TBS grated Parmesan cheese	1 egg
2 egg whites	1/2 tsp salt
1/8 tsp freshly ground pepper	1/8 tsp freshly grated nutmeg

DIRECTIONS:

Preheat oven to 400° F. In small nonstick skillet, heat oil. Sauté garlic & sage till garlic is browned & fragrant (about 4 minutes). Discard garlic & sage - save the oil.

To prepare crust: arrange phyllo dough in 9" pie plate, 1 sheet at a time, rotating sheets so they completely cover bottom & sides of plate. Brush last sheet with 2 tsp of the garlic oil.

To prepare filling: in medium bowl, mix pumpkin puree, cheese, egg, egg whites, salt, pepper & nutmeg. Spoon filling into crust - brush top with remaining 2 tsp garlic oil. Bake 10 minutes - reduce oven temperature to 350° F - bake till filling is just set (about 30 minutes longer).

(per serving: 108 calories; 4g total fat; 1g saturated fat; 28mg cholesterol; 281mg sodium, 13g total carbohydrates; 3g dietary fiber; 5g protein, 60mg calcium - WW points per serving: 4)