

Amaretto Pumpkin Pie

SOURCE: Cooking Light, NOVEMBER 1995

INGREDCIENTS:

1 C amaretti cookie crumbs (about 32 large cookies)
1 egg white, lightly beaten
Vegetable cooking spray
2 C unsweetened canned pumpkin
1 1/3 C 2% low-fat milk
1/2 C firmly packed brown sugar
1 TBS all-purpose flour
3 TBS Amaretto
1/2 tsp salt
1 1/2 tsp ground cinnamon
1 1/2 tsp vanilla extract
1/4 tsp ground ginger
1/4 tsp almond extract
2 egg whites, lightly beaten
1 egg, lightly beaten

DIRECTIONS:

Combine crumbs + 1 egg white in a bowl - toss with fork till moistened. Firmly press into bottom and up sides of 9" pie plate coated with cooking spray. Bake 10 minutes at 375° F - let cool on wire rack.

Combine pumpkin + remaining ingredients in large bowl - stir with wire whisk till smooth. Pour pumpkin mixture into prepared crust. Bake 45 minutes at 375° F or til a knife inserted in center comes out clean - let cool completely on wire rack.

Yield: 8 servings (serving size: 1 wedge)

NUTRITION PER SERVING: CALORIES 170 (14% from fat); FAT 2.6g (sat 0.8g, mono 0.5g, poly 0.2g); PROTEIN 3.2g; CARB 29.1g; FIBER 2.6g; CHOL 30mg; IRON 1.4mg; SODIUM 207mg; CALC 87mg