

## **Pecan and Date Pie**

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The unexpected addition of dates gives the filling more body and a smooth sweetness. Don't use packaged chopped dates, which are rolled in sugar, but moist/sticky whole dates. Coat your knife with cooking spray for easy chopping

### **INGREDIENTS:**

- 1 prepared 9" piecrust
- 1/2 C whole pitted dates, chopped
- 1/3 C chopped pecans
- 1 C dark corn syrup
- 1/2 C packed brown sugar
- 3 C all-purpose flour
- 1 tsp vanilla extract
- 1/4 tsp salt
- 4 large eggs

Preheat oven to 325°. Sprinkle dates + pecans evenly over bottom of crust - combine corn syrup and remaining ingredients in large bowl - beat with mixer at medium speed till well blended. Pour mixture into prepared crust. Bake 55 minutes at 325° or till knife inserted 1" from edge comes out clean. Cool on wire rack.

Yield: 10 servings (serving size: 1 wedge)

**NUTRITION PER SERVING:** CALORIES 321 (29% from fat); FAT 10.2g (sat 2.2g, mono 4.7g, poly 2.5g); PROTEIN 4.6g; CARB 55.8g; FIBER 1.5g; CHOL 85mg; IRON 1.5mg; SODIUM 198mg; CALC 33mg