

Pumpkin-Maple Pie (for 8)

Source: *Cooking Light magazine*

For Crust:

1 C all-purpose flour	2 TBS sugar
1/8 tsp salt	3 1/2 TBS ice water
1/4 C chilled butter or stick margarine, cut into small pieces	
Cooking spray	

For Filling:

1/2 C sugar	1/3 C maple syrup
1 tsp ground ginger	1 tsp ground cinnamon
1/4 C ground nutmeg	2 large eggs
1 C evaporated fat-free milk	1 (15-oz) can pumpkin

DIRECTIONS:

TO PREPARE CRUST: Lightly spoon flour into dry measuring cup; level with knife. Combine flour, 2 TBS sugar + salt in bowl - cut in butter with pastry blender or 2 knives till mixture resembles coarse meal - sprinkle surface with ice water, 1 TBS at a time - toss with a fork till moist and crumbly (do not form a ball).

Press mixture gently into 4" circle on heavy-duty plastic wrap - cover with additional plastic wrap. Roll dough, still covered, to a 12" circle. Freeze 10 minutes or till plastic wrap can be easily removed.

Remove 1 sheet of plastic wrap; fit dough into 9" pie plate coated with cooking spray. Remove top sheet of plastic wrap. Fold edges under - flute. Preheat oven to 425° F.

TO PREPARE FILLING: Beat 1/2 C sugar + next 5 ingredients (1/2 C sugar through eggs) at medium speed of a mixer till well-blended. Add milk + pumpkin - beat well. Pour into prepared crust. Bake 10 minutes at 425° F. Reduce oven temperature to 350° F (do not remove pie from oven); bake an additional 50 minutes or till set. Cool on wire rack.

Nutrition Facts (per serving): **Calories:** 267 **Fat:** 7g **Carbohydrates:** 44g **Cholesterol:** 72mg **Sodium:** 152mg **Protein:** 6g **Fiber:** 3g **% Cal. from Fat:** 24% **% Cal. from Carbs:** 66%