

Banana Cream Pie

SOURCE: Cooking Light, JUNE 1995

INGREDIENTS:

1 1/4 C gingersnap crumbs (about 25 cookies, finely crushed)
2 TBS sugar
1 egg white, lightly beaten
Vegetable cooking spray
2 TBS cornstarch
1 egg
1 TBS stick margarine
2 C sliced banana
1 1/2 C frozen reduced-calorie whipped topping, thawed
1/2 tsp ground cinnamon
1 TBS stick margarine, melted
1/2 C sugar
1/4 tsp salt
1 C 1% low-fat milk
2 tsp vanilla extract
Chocolate curls

DIRECTIONS:

Combine first 3 ingredients in small bowl - stir well - add 1 TBS egg white (discard remaining egg white) + 1 TBS melted margarine - toss with fork till moistened - press into bottom and up sides of 9" pie plate coated with cooking spray - bake 20 minutes at 325° F - let cool on wire rack.

Combine 1/2 C sugar, cornstarch, salt + egg in large bowl - stir well with wire whisk - set aside.

Heat milk over medium-high heat in medium heavy saucepan to 180° F or till tiny bubbles form around edge (do not boil) - remove from heat. Gradually add hot milk to sugar mixture, stirring constantly with whisk - return milk mixture to pan - add 1 TBS margarine - cook over medium heat 4 minutes or till thickened and bubbly, stirring constantly - reduce heat to low - cook additional 2 minutes, stirring constantly - remove from heat - stir in vanilla. Place pan in large ice-filled bowl for 25 minutes or till egg mixture cools to room temperature, stirring occasionally - remove pan from ice - fold in sliced banana - spoon mixture into prepared crust. Spread whipped topping evenly over filling - top with chocolate curls. Cover loosely and chill 4 hours.

Yield: 8 servings

NUTRITION PER SERVING: CALORIES 253 (31% from fat); FAT 8.9g (sat 2.2g, mono 2.9g, poly 1.7g); PROTEIN 3.9g; CARB 40.8g; FIBER 1.2g; CHOL 34mg; IRON 1.1mg; SODIUM 161mg; CALC 81mg