

Double-Chocolate Cream Pie (for 8)

SOURCE: Cooking Light, JULY 2000

INGREDIENTS:

Crust:

1 C all-purpose flour, divided
3 TBS ice water
2 TBS sugar
1/8 tsp salt
1/4 C vegetable shortening
Cooking spray

Filling:

3/4 C sugar 1/8 tsp salt
1/4 C unsweetened cocoa
3 TBS cornstarch 2 C 1% low-fat milk
2 C 1% low-fat milk
1 large egg, lightly beaten
1 1/2 oz semisweet chocolate, grated
1 tsp vanilla extract
1 1/2 C thawed fat-free whipped topping

DIRECTIONS:

Preheat oven to 425° F.

To prepare crust: lightly spoon flour into dry measuring cups - level. Combine 1/4 C flour + water, whisking till well blended. Combine 3/4 C flour, 2 TBS sugar + 1/8 tsp salt in bowl - cut in shortening till mixture resembles coarse meal - add slurry - mix with fork till flour mixture is moist. Press mixture gently into 4" circle on heavy-duty plastic wrap - cover with additional plastic wrap. Roll dough, still covered, into 12" circle. Freeze 10 minutes. Remove 1 sheet of plastic wrap - fit dough into 9" pie plate coated with cooking spray. Remove top sheet of wrap - fold edges under - flute. Line dough with piece of foil - arrange pie weights on foil. Bake 20 minutes at 425° F or till edge is lightly browned. Remove pie weights and foil. Reduce temperature to 350° F. Bake additional 5 minutes - cool on wire rack.

To prepare filling: combine sugar, cocoa, cornstarch, salt + milk in medium saucepan - whisk well - cook 1 minute, stirring constantly, till mixture comes to full boil. Gradually add 1/3 C hot milk mixture to beaten egg - stir well. Return egg mixture to pan - cook 2 minutes or till mixture thickens, stirring constantly - remove from heat - add grated chocolate, stirring till chocolate melts and mixture is smooth - stir in vanilla - spoon mixture into pastry crust. Cover with plastic wrap. Chill till set (about 2 hours). Remove plastic wrap - spread whipped topping evenly over filling.

NUTRITION PER SERVING: CALORIES 301 (28% from fat); FAT 9.3g (sat 5.5g, mono 2.7g, poly 0.5g); PROTEIN 5.6g; CARB 48.5g; FIBER 0.5g; CHOL 46mg; IRON 1.5mg; SODIUM 180mg; CALC 89mg