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CLASSIC PUMPKIN PIE

Advanced Lifestyle

Ingredients

Filling

3/4 cup packed brown Splenda
1-3/4 TSP pumpkin pie spice
1/4 TSP Morton's Lite salt
1 12-oz. can evaporated low-fat milk
2 large egg whites
1 large egg
1 15-oz. can unsweetened pumpkin

Crust

1/2 (15-oz) package refrigerated pie dough (such as Pillsbury)
cooking spray

Instructions

1. Position oven rack to lowest position.*
2. Preheat oven to 425°.

To prepare filling

Combine first 6 ingredients in a large bowl, stirring with a whisk. Add pumpkin, and stir with the whisk until smooth.

To prepare crust

Roll dough into an 11-inch circle. Fit into a 9-inch pie plate coated with cooking spray. Fold edges under and flute.

To make the pie

Pour pumpkin mixture into the crust. Place pie plate on a baking sheet. Place baking sheet on lowest oven rack. Bake at 425° for 10 minutes. Reduce oven temperature to 350° (do not remove pie from oven). Bake an additional 50 minutes or until almost set. Cool completely on wire rack.

Portion-Per-Serving Information: (Yields 12 servings)

Serving = 1 slice (1/12) = 1 V, 1 G

*Note: Baking the pie on the lower third of the oven encourages a crisp crust.