

Pumpkin Pie

1 cup sugar
½ teaspoon salt
1 ½ teaspoons cinnamon
½ teaspoon nutmeg spice
½ teaspoon ginger spice
½ teaspoon allspice spice
1 - 15 ounce can cooked or canned pumpkin
2 eggs
1 – 12 ounce can lowfat evaporated milk
1 unbaked pie shell

Directions:

Mix sugar, salt and spices and add to pumpkin. Stir until blended. Beat eggs slightly and add milk. Add this to the pumpkin mixture and stir until well blended. Pour into unbaked pastry shell and bake at 425F for 15 minutes. Then lower temperature to 350F and continue baking about 45-50 minutes or until custard is done when a knife inserted half way between the center and the edge of the pie comes out clean. Refrigerate if not served at once.

Serves 8

Nutrient Analysis, per serving: 104 calories, 22g. carbohydrate, 3g. protein, 1g. fat, 200mg. sodium