

Pies, Tarts, and Cheesecakes



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Apple Pie Just Like Grandma's

One thing I remember about my grandma: She baked the best apple pie around. Everybody who tasted Grandma's pie would rave about it. This apple pie is a lower-fat and lower-calorie version of Grandma's. It begins with a reduced-fat whole wheat crust. Next, thinly sliced Granny Smith apples are coated in a mixture of granulated and brown sugars, corn syrup, and just the right amount of cinnamon and nutmeg. The apples are spooned into the crust and sprinkled with a corn flake crumb topping.

YIELD: 9-inch pie

SERVINGS: 8

SERVING SIZE: 1 wedge (one-eighth pie)

CRUST

	WEIGHT	MEASURE
Whole Wheat Pastry Crust (page 177), unbaked		1 recipe

TOPPING

	WEIGHT	MEASURE
Corn flake crumbs	3 oz	$\frac{3}{4}$ c
Firmly packed light brown sugar	3 oz	$\frac{1}{4}$ c + 2 tbsp
Thawed apple juice concentrate, undiluted		2 $\frac{1}{2}$ tbsp
Stick margarine, melted	$\frac{1}{2}$ oz	1 tbsp

FILLING

	WEIGHT	MEASURE
Peeled and thinly sliced Granny Smith or other tart apples	1 $\frac{3}{4}$ lb	5 $\frac{1}{2}$ c (1 $\frac{3}{8}$ qt)
Granulated sugar	3 oz	scant $\frac{1}{2}$ c
Firmly packed light brown sugar	2 oz	$\frac{1}{4}$ c
All-purpose flour	1 oz	3 tbsp
White corn syrup	1 oz	1 $\frac{1}{2}$ tbsp
Ground cinnamon		1 tsp
Ground nutmeg		$\frac{1}{8}$ tsp

For the crust: Prepare and set aside. Preheat oven to 375 degrees F.

For the topping: Combine corn flake crumbs and brown sugar in a small bowl. Drizzle juice concentrate and melted margarine over crumb mixture. Mix until crumbs are evenly moistened. Set aside.

For the filling: Combine apples, sugars, flour, corn syrup, cinnamon,

and nutmeg in a large bowl. Toss gently until well mixed. Spoon apple slices into the unbaked pastry crust. Sprinkle corn flake topping over.

Bake until apples are tender and crust and topping are golden brown, or about 50 minutes. If topping is becoming too brown, cover loosely with foil. Cool until pie juices have thickened, or about 1 hour. Cut into 8 wedges and serve. Top with a scoop of vanilla low-fat ice cream, if desired.

NUTRITIONAL FACTS

Calories: 365 (19% from fat)	Carbohydrate: 72 g and 77%	Calcium: 36.7 mg
Fat: 7.8 g (1.5 g sat, 3.2 g mono, 2.4 g poly)	Fiber: 3.6 g	Diabetic Exchanges: 1½ Starches; 1½ Other Carbohydrates; 1½ Fruits; 1½ Fats
Protein: 3.5 g and 4%	Cholesterol: 0 mg	
	Iron: 3.9 mg	
	Sodium: 294.2 mg	



Banana Lovers' Firm Custard Pie

Americans eat more bananas than any other fruit: about 28 pounds each year. Nutritionally, bananas have a lot going for them. At about 95 calories for an average-size banana, they are very low in sodium and fat, have more potassium (by weight) than practically any other fruit, are richer in carbohydrates (by weight) than most fruits, and contain quite high amounts of several vitamins and additional minerals. When dessert calls for more than just a simple banana, offer this rich reduced-fat banana custard pie. A firm vanilla custard is layered with thick, sweet banana slices and baked in a crunchy graham cracker crumb crust.

YIELD: 9-inch pie

SERVINGS: 8

SERVING SIZE: 1 wedge (one-eighth pie)

	WEIGHT	MEASURE
Graham Cracker Crumb Crust and Topping (page 170)		1 recipe (9-inch crust + topping)
Fat-free sweetened condensed milk		¾ c + 2 tbsp
Fat-free sour cream	10 oz	1 c + 2 tbsp
Low-fat milk		¼ c
Ripe bananas, peeled	1½ lb as purchased	4 medium

Prepare crust and topping and set aside. Preheat oven to 375 degrees F.

Combine condensed milk, sour cream, and milk in a small bowl. Beat until blended.

Cut bananas into ¼-inch-thick slices and place bananas in crust. Pour condensed milk mixture over bananas.

Bake until just set, or about 15 minutes. Cool. Sprinkle with graham cracker crumb topping. Refrigerate until serving time. Cut into 8 wedges and serve.

NUTRITIONAL FACTS

Calories: 427 (22% from fat)	Carbohydrate: 76.3 g and 70%	Calcium: 276.5 mg
Fat: 10.7 g (1.8 g sat, 4.2 g mono, 3.3 g poly)	Fiber: .9 g	Diabetic Exchanges: 2
Protein: 8.3 g and 8%	Cholesterol: 2.9 mg	Starches; 1½ Other Carbohydrates; 1½ Fruits; 2 Fats
	Iron: 2 mg	
	Sodium: 336 mg	



Blackberry Snow Tart in Graham Cracker Crumb Crust

The American poet Walt Whitman wrote that blackberries “adorned heaven.” To assure that this dessert is a “heaven on earth” experience, follow these tips when handling the blackberries for this pie: (1) Select plump, bright, and deep purplish blackberries. Avoid blackberries with

their hulls still attached. They have been picked before they are mature and will be tart in flavor. (2) Discard any moldy blackberries, as they cannot be cleaned and will contaminate the rest. (3) Fresh blackberries are best if used immediately. If this is not possible, refrigerate the berries in a paper or plastic container with holes or open spaces for up to two days. Top wrappers should be pierced or very loosely fastened to allow air to circulate. (4) Wash blackberries only when you are ready to use them, as they deteriorate once wet. (5) Wash blackberries in a colander or strainer so that cold water runs through them. Place them on paper towels to dry.

YIELD: 9-inch pie

SERVINGS: 8

SERVING SIZE: 1 wedge (one-eighth pie)

	WEIGHT	MEASURE
Graham Cracker Crumb Crust (page 170), or one 6-oz reduced-fat graham cracker crust		1 recipe
Unflavored gelatin		1 envelope (scant 1 tbsp)
Thawed white grape juice concentrate, undiluted		$\frac{3}{4}$ c
Fresh or frozen unsweetened blackberries	8 oz	$1\frac{2}{3}$ c
Fat-free plain yogurt	4 oz	$\frac{1}{2}$ c
Finely grated orange zest		$\frac{1}{2}$ tsp
Large egg whites, at room temperature	$3\frac{3}{4}$ oz	3
Cream of tartar		$\frac{1}{4}$ tsp
Evaporated fat-free milk, chilled in freezer 30 minutes		$\frac{1}{4}$ c

Prepare crust and set aside.

Sprinkle gelatin over juice concentrate in a small saucepan. Let stand until softened, or about 5 minutes. Cook over low heat, stirring to dissolve gelatin.

Purée blackberries in a blender or food processor until smooth. Strain through a fine mesh strainer; discard seeds. Combine purée, yogurt, orange zest, and dissolved gelatin mixture in a medium bowl. Mix until well blended. Cover surface with plastic wrap and chill until mixture mounds slightly.

Combine egg whites and cream of tartar in a medium mixing bowl. Beat with an electric mixer until stiff peaks form. Gently fold beaten egg whites into blackberry mixture.

Beat partially frozen evaporated milk with an electric mixer in a large mixing bowl until soft peaks form. Gently fold blackberry-egg white mixture into evaporated milk. Refrigerate filling until it mounds slightly. Mound in crust. Chill until set, or about 3 hours. Cut into 8 wedges. Garnish with additional blackberries and mint sprigs, if desired, and serve. Store refrigerated.

NUTRITIONAL FACTS

Calories: 229 (26% from fat)	Carbohydrate: 38.3 g and 65%	Sodium: 222.6 mg
Fat: 6.7 g (1.2 g sat, 2.8 g mono, 2.3 g poly)	Fiber: 2.2 g	Calcium: 65.4 mg
Protein: 5.2 g and 9%	Cholesterol: .6 mg	Diabetic Exchanges: 1½ Starches; 1 Fruit; 1 Fat
	Iron: 1.2 mg	



Homestyle Pumpkin Pie with Tofu

The health benefits of soy foods have been well publicized. Soybeans are an excellent source of high-quality protein and are rich in calcium, iron, zinc, several of the B vitamins, and fiber. In addition, soybeans contain a wealth of phytochemicals. It appears that even a serving a day may be sufficient to produce health benefits. If soy foods are a new experience for your guests, let them try this pumpkin pie before telling them it is made with tofu. When you announce your secret ingredient, their surprise will be followed by compliments.

YIELD: 9-inch pie

SERVINGS: 8

SERVING SIZE: 1 wedge (one-eighth pie)

	WEIGHT	MEASURE
Whole Wheat Pastry Crust (page 177), unbaked		1 recipe
Low-fat extra-firm silken tofu	12.3-oz package	
Canned pumpkin	15-oz can	1⅓ c
Unpacked light brown sugar	5 oz	1 c
Large egg whites, lightly beaten	2½ oz	2
Ground cinnamon		1½ tsp
Ground ginger		¾ tsp
Ground cloves		⅛ tsp

Prepare crust and set aside. Preheat oven to 425 degrees F.

Combine tofu and pumpkin in a food processor or blender. Blend until smooth. Place in a bowl. Add brown sugar, egg whites, cinnamon, ginger, and cloves. Whisk until well blended.

Pour into unbaked pastry crust. Bake for 15 minutes, then reduce oven heat to 350 degrees F. Bake until a knife inserted in center comes out clean, or about another 40 minutes. Cool completely. Cut into 8 wedges. Top with a small scoop of vanilla reduced-fat ice cream, if desired, and serve. Store refrigerated.

NUTRITIONAL FACTS

Calories: 210 (26% from fat)	Carbohydrate: 34.1 g and 62%	Calcium: 65.4 mg
Fat: 6.4 g (1.3 g sat, 2.6 g mono, 2 g poly)	Fiber: 3.2 g	Diabetic Exchanges: 1
Protein: 6.5 g and 12%	Cholesterol: 0 mg	Starch; 1 Other Carbohydrate; 1 Vegetable; 1 Fat
	Iron: 2.1 mg	
	Sodium: 213.1 mg	

Honey-Glazed Fresh Fruit Melange in Phyllo Tart Shells

For those with a sweet tooth yet a concern for fat and calories, these single-serving-size pastries are a dream come true. Light, crisp phyllo shells are filled with bright red strawberries, fragrant golden peach slices, and juicy yellow pineapple cubes all glazed in a light honey syrup splashed with brandy and flavored with mint.

YIELD: 4 tarts

SERVING SIZE: 1 tart

	WEIGHT	MEASURE
Light and Crisp Phyllo Tart Shells (page 172), baked		1 recipe
Brandy		¼ c
Honey		3 tbsp
Minced mint leaves		1 tbsp
Hulled and sliced fresh ripe strawberries	5 oz	scant 1 c
¼-inch-thick peeled ripe peach slices	5 oz	scant 1 c
Fresh ripe pineapple cubes	5 oz	scant 1 c

Prepare tart shells and set aside.

Place brandy in a small saucepan. Cook over medium heat until reduced to 1 tablespoon. Add honey. Mix until blended. Stir in mint.

At serving time, combine fruit and brandy-honey mixture in a bowl. Mix gently until fruit is well coated. Spoon into tart shells and serve.

NUTRITIONAL FACTS

Calories: 131 (10% from fat)	Carbohydrate: 28.8 g and 81%	Sodium: 24.4 mg
Fat: 1.5 g (.2 g sat, .2 g mono, .2 g poly)	Alcohol: 1.2 g and 6%	Calcium: 12.6 mg
Protein: 1 g and 3%	Fiber: 2.1 g	Diabetic Exchanges: ½ Starch; ½ Other Carbohydrate; 1 Fruit
	Cholesterol: 0 mg	
	Iron: .6 mg	

Honey-Sweetened Sweet Potato Pie with a Splash of Bourbon Whiskey

In the United States, dark-skinned and bright orange-fleshed sweet potatoes are often erroneously called yams. Sometimes even canned and frozen sweet potatoes are labeled yams. While sweet potatoes and true yams can be similar in size and shape, the two vegetables are from different plant species, and true yams can range from small potato size to over 7½ feet in length and 120 pounds in weight. Thus, to be technically correct, this is a sweet potato, not a yam, pie.

YIELD: 9-inch pie

SERVINGS: 8

SERVING SIZE: 1 wedge (one-eighth pie)

	WEIGHT	MEASURE
Whole Wheat Pastry Crust (page 177), unbaked		1 recipe
Mashed peeled sweet potatoes, cooked without salt, or drained and mashed canned sweet potatoes	18 oz	2¼ c (1⅛ pt)
Evaporated fat-free milk		1 ½ c
Honey	12 oz	1 c
Large egg whites, lightly beaten	3¾ oz	3
Bourbon whiskey		2 tbsps
Ground cinnamon		1½ tsp
Ground allspice		¼ tsp
Ground nutmeg		⅛ tsp

Prepare crust and set aside. Preheat oven to 425 degrees F.

Combine sweet potatoes, evaporated milk, honey, egg whites, whiskey, cinnamon, allspice, and nutmeg in a blender or food processor. Blend until smooth and well mixed. Pour into pastry crust.

Bake for 15 minutes, then reduce oven heat to 350 degrees F. Bake until a knife inserted in center comes out clean, or about another 50 minutes. Cool completely. Cut into 8 wedges. Top with a small scoop of vanilla fat-free frozen yogurt, if desired, and serve. Store refrigerated.

NUTRITIONAL FACTS		
Calories: 343 (15% from fat)	Carbohydrate: 67.2 g and 75%	Calcium: 179.1 mg
Fat: 6.2 g (1.2 g sat, 2.6 g mono, 1.9 g poly)	Alcohol: .3 g and 1%	Diabetic Exchanges: 1½ Starches; 2 Other Carbohydrates; ½ Fruit; ½ Skim Milk; 1 Fat
Protein: 8.3 g and 9%	Fiber: 2.8 g	
	Cholesterol: 1.9 mg	
	Iron: 1.9 mg	
	Sodium: 272.3 mg	



Hot Peach Tart on Oat Bran Crust

These individual tarts allow the artist in the baker to “come out and play.” They call for thinly sliced golden peaches to be beautifully arranged on individual thin, flat oat bran rounds, baked until the peaches are tender and the pastry is golden brown and then drizzled with warm raspberry spread. While they are time consuming, they are not difficult to make. If successful, they look and taste stunning and are an ideal light and healthy dessert when peaches are in season.

YIELD: 6 tarts

SERVING SIZE: one 4½-inch tart

	WEIGHT	MEASURE
All-purpose flour	3½ oz	¾ c
Oat bran	1 oz	¼ c
Stick margarine, chilled	2 oz	¼ c
Very cold water		2 tbsps
Fresh ripe peaches	16 oz as purchased	3 medium/2 large
Ground cinnamon		1½ tsp
100%-fruit raspberry spread		3 tbsps

Combine flour and oat bran in a small bowl. Mix until blended. Cut margarine into mixture with a pastry blender or two knives until mixture resembles coarse crumbs. Slowly add water, tossing with a fork until flour is

moistened without being wet. If mixture seems dry or crumbly, sprinkle in another teaspoon cold water. The dough should not be damp or sticky.

Press mixture together with a fork. Turn dough out onto a piece of parchment or wax paper and press firmly together into a ball. Divide dough into 6 equal pieces. Gently shape each piece into a flattened round. Refrigerate 1 to 24 hours.

Preheat oven to 400 degrees F.

Roll each dough ball with a rolling pin between 2 sheets of parchment or wax paper into an 1/8-inch-thick round. Peel off top paper. Trim each round with a sharp knife or pastry wheel into a perfect circle, using a 4 1/2-inch plate or a pattern as a guide.

Pick each dough circle up with parchment paper. Turn onto a baking sheet. Prick with a fork. Bake to partially cook, or about 5 minutes. Cool.

Peel the peaches: Blanch them in boiling water for 20 to 60 seconds and then place in ice water or under cold running water until completely cooled. The skins should slip off easily. Slice peaches thinly. Or use 12 ounces (2 cups) thinly sliced frozen unsweetened peaches, if desired.

Arrange peach slices pinwheel style on cooled pastry, covering almost to edge. Sprinkle with cinnamon. Return to oven until peaches are tender and pastry golden brown, or about 15 minutes.

When tarts are almost baked, melt raspberry spread in a small saucepan over low heat. Remove tarts from oven. Drizzle each with 1/2 tablespoon raspberry spread. Transfer with a spatula to 6 warm dessert plates and serve immediately.

NUTRITIONAL FACTS

Calories: 166 (32% from fat)	Carbohydrate: 26.9 g and 61%	Sodium: 96.5 mg
Fat: 6.3 g (1.4 g sat, 2.6 g mono, 1.9 g poly)	Fiber: 2.6 g	Calcium: 17.1 mg
Protein: 3 g and 7%	Cholesterol: 0 mg	Diabetic Exchanges: 1
	Iron: 1.3 mg	Starch; 1/2 Other Carbohydrate; 1/2 Fruit; 1 Fat

Lemon-Flavored Cheesecake in Graham Cracker Crumb Crust

This light and healthy cheesecake is light on the palate, as well as low in cholesterol and saturated fat. A crumbly graham cracker crumb crust is topped with a moist and creamy lemon-flavored filling and finished with Summer-Fresh Three Berry Sauce. In comparison to average store brands, this cheesecake has 50 percent less fat.

YIELD: 9-inch cheesecake

SERVINGS: 16

SERVING SIZE: 1 wedge (one-sixteenth cheesecake)

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Stick margarine	1½ oz	3 tbsp
Graham cracker crumbs	6 oz	1½ c
Thawed apple juice concentrate, undiluted		¼ c + 2 tbsp
Block-style fat-free cream cheese, softened	1 lb	2 c (1 pt)
Fat-free sweetened condensed milk	14-oz can	
Fat-free sour cream	8 oz	1 c
Large egg whites	5 oz	4
Fresh lemon juice		¼ c + 2 tbsp
Granulated sugar	1 oz	2 tbsp
Finely grated lemon zest		1½ tbsp
Vanilla extract		1 tsp
Salt		⅛ tsp
Summer-Fresh Three Berry Sauce (page 228)		1 recipe

Preheat oven to 325 degrees F. Coat a 9-inch springform pan with cooking spray.

Melt margarine in a small saucepan. Add cracker crumbs and juice concentrate. Mix until crumbs are evenly moistened. Press evenly into bottom and about 1½ inches up sides of prepared pan. Set aside.

Combine cream cheese, condensed milk, sour cream, egg whites, lemon juice, sugar, lemon zest, vanilla, and salt in a food processor or blender. Blend until smooth and creamy. Pour over cracker crumbs.

Bake until set, or about 50 minutes. Cool in pan on a wire rack. Remove sides of pan. Refrigerate until chilled, or several hours. Cut into 16

wedges. Drizzle with Summer-Fresh Three Berry Sauce. Garnish with lemon twists and mint sprigs, if desired, and serve. To make twisted fluted lemon slices, peel lemon from top to bottom in alternate strips with a channel knife (stripper) or small peeler. Slice fruit thin and cut each slice $\frac{3}{4}$ of the way across and twist open.

NUTRITIONAL FACTS

Calories: 197 (15% from fat)	Carbohydrate: 32.1 g and 66%	Calcium: 179.6 mg
Fat: 3.3 g (.6 g sat, 1.4 g mono, 1.1 g poly)	Fiber: .4 g	Diabetic Exchanges: 1 Starch; $\frac{1}{2}$ Other Carbohydrate; $\frac{1}{2}$ Fruit; $\frac{1}{2}$ Skim Milk; $\frac{1}{2}$ Fat
Protein: 9.1 g and 19%	Cholesterol: 3.8 mg	
	Iron: .5 mg	
	Sodium: 297.6 mg	



Lemon Meringue Pie in Whole Wheat Crust

As a child, I'd love it when my mother was in the mood for lemon meringue pie. She'd make a rich lemon filling, thickening and enriching it with lots of egg yolks and finishing it with butter. This lemon pie filling contains neither the butter nor the egg yolks called for in the traditional recipe. Nor does it require standing and cooking over the range as my mother's version did. Rather, this rich-tasting, smooth lemon-flavored filling is created by blending fat-free sweetened condensed milk with freshly squeezed lemon juice and finely grated lemon zest. Thickening occurs because the lemon reacts with the milk.

YIELD: 9-inch pie

SERVINGS: 8

SERVING SIZE: 1 wedge (one-eighth pie)

	WEIGHT	MEASURE
Whole Wheat Pastry Crust (page 177), baked		1 recipe
Fat-free sweetened condensed milk	14-oz can	
Fresh lemon juice		¾ c
Finely grated lemon zest		1½ tbs
Yellow food coloring		few drops (optional)
Meringue Topping for Pie (page 175)		1 recipe

Prepare pastry crust and set aside. Reduce oven heat to 350 degrees F.

Combine condensed milk, lemon juice and zest, and food coloring (if using) in a medium bowl. Mix until thickened. Pour mixture into pastry crust. Prepare meringue topping and spread meringue topping over filling. Seal to pastry crust. This helps prevent shrinkage.

Bake until lightly browned, or about 15 to 20 minutes. Cool completely. Cut into 8 wedges and serve. Store refrigerated.

NUTRITIONAL FACTS		
Calories: 265 (20% from fat)	Carbohydrate: 47.3 g and 69%	Sodium: 213 mg
Fat: 6.1 g (1.1 g sat, 2.5 g mono, 1.8 g poly)	Fiber: 1.6 g	Calcium: 154.4 mg
Protein: 7.3 g and 11%	Cholesterol: 3.3 mg	Diabetic Exchanges: 2
	Iron: .6 mg	Starch; ½ Other Carbohydrate; ½ Fruit; 1 Fat



Lime Chiffon Angel Pie in Graham Cracker Crumb Crust

A crunchy reduced-fat and -calorie graham cracker crumb crust is filled with a refreshing lime chiffon and served with a bright red raspberry sauce. In addition to sounding good, this pie is made with lots of good-for-you ingredients. They include calcium and protein-rich, fat-free yogurt; vitamin C-packed lime juice; and high-protein, fat-free, cholesterol-free

egg whites. Additionally, the filling is sweetened with fruit juice concentrate rather than refined white sugar.

YIELD: 9-inch pie

SERVINGS: 8

SERVING SIZE: 1 wedge (one-eighth pie)

	WEIGHT	MEASURE
Graham Cracker Crumb Crust (page 170) or one 6-oz reduced-fat graham cracker crust		1 recipe
Unflavored gelatin		1 tbsp
Thawed white grape juice concentrate, undiluted		1¼ c
Fat-free plain yogurt	6½ oz	¾ c
Fresh lime juice		¼ c
Finely grated lime zest		1 tbsp
Large egg whites, at room temperature	2½ oz	2
Cream of tartar		¼ tsp
Raspberry Sauce Sweetened with Fruit Juice (page 227)		1 recipe

Prepare crust and set aside.

Sprinkle gelatin over juice concentrate in a medium saucepan. Let stand until softened, or about 5 minutes. Cook over low heat, stirring to dissolve gelatin.

Remove from heat. Mix in yogurt and lime juice and zest until well blended. Cover and chill until mixture mounds on a spoon.

Combine egg whites and cream of tartar in a small mixing bowl. Beat with an electric mixer until stiff peaks form. Gently fold egg whites into lime-yogurt mixture until completely blended.

Spread filling evenly in crust. Chill until set (don't touch the filling), or about 3 hours. While pie is chilling, prepare the raspberry sauce. Cut into 8 wedges. Drizzle each piece with 3 tablespoons Raspberry Sauce Sweetened with Fruit Juice and serve. Store refrigerated.

NUTRITIONAL FACTS

Calories: 243 (24% from fat)	Carbohydrate: 43 g and 69%	Sodium: 212.3 mg
Fat: 6.6 g (1.2 g sat, 2.8 g mono, 2.2 g poly)	Fiber: .8 g	Calcium: 45.2 mg
Protein: 4.4 g and 7%	Cholesterol: .5 mg	Diabetic Exchanges: 1½ Starch; 1½ Fruits; 1 Fat
	Iron: 1.1 mg	

Mango Cream Cheese Pie Decorated with Sliced Mangoes

For a Mexican touch to this pie, fragrant mangoes are blended with fat-free sour cream and fat-free cream cheese, then sweetened with brown sugar and spooned into a crunchy corn flake crumb crust. After making the pie's filling, there is no need to bake, simply refrigerate until chilled.

To prepare the mangoes, score the skin lengthwise in 4 to 6 places. Pull the skin off. Cut the flesh from each side of the large central pit and chop or slice.

YIELD: 9-inch pie

SERVINGS: 8

SERVING SIZE: 1 wedge (one-eighth pie)

	WEIGHT	MEASURE
Corn Flake Crumb Crust (page 168)		1 recipe
Unflavored gelatin		1 tbsp
Mango nectar		1 c
Fresh ripe, peeled mangoes, ½ chopped and ½ sliced	2 lbs as purchased	2 large/4 small
Fat-free sour cream	2 oz	¼ c
Block-style fat-free cream cheese	6 oz	¾ c
Firmly packed light brown sugar	4 oz	½ c
Lemon juice		2 tbsp
Vanilla extract		½ tsp
Almond extract		⅛ tsp

Prepare crust and set aside.

Sprinkle gelatin over mango nectar in a small saucepan. Let stand until softened, or about 5 minutes. Cook over low heat, stirring to dissolve gelatin. Set aside.

Combine chopped mango and sour cream in a blender or food processor. Blend until smooth. Add cream cheese, brown sugar, lemon juice, vanilla, almond extract, and gelatin mixture. Blend until smooth.

Pour into crumb crust. Refrigerate until chilled, or 3 to 4 hours. Decorate with mango slices. Cut into 8 wedges. Garnish with mint sprigs, if desired, and serve.

NUTRITIONAL FACTS

Calories: 275 (11% from fat)	Carbohydrate: 58 g and 81%	Sodium: 285.5 mg
Fat: 3.5 g (.8 g sat, 1.5 g mono, 1 g poly)	Alcohol: .1 g and 0%	Calcium: 82.8 mg
Protein: 6 g and 8%	Fiber: 2.3 g	Diabetic Exchanges: ½ Starch; 1 Other Carbohydrate; 2 Fruits; ½ Skim Milk; ½ Fat
	Cholesterol: 3 mg	
	Iron: 3.3 mg	



Oatmeal Raisin Pie with Pure Maple Syrup

There's no need to reserve oatmeal for breakfast. It's equally delicious in this pie. Best yet, oats are one of the most nutritious grains. These whole grains contain both soluble and insoluble fiber. It's the soluble fiber, called beta glucan, that experts believe is responsible for oats' cholesterol-lowering benefits. The UC Berkeley Wellness Letter also reported that there is evidence that fiber may help control blood sugar and improve insulin sensitivity, too, and thus benefit people with insulin resistance or diabetes.

Be sure to use pure maple syrup in this pie. As noted in The Essential Cook Book by Caroline Conran, Terence Conran, and Simon Hopkinson, "some syrups are made by God and others are made by man. Maple syrup is among the former."

YIELD: 9-inch pie
SERVING SIZE: 1 wedge (one-eighth pie)

SERVINGS: 8

	WEIGHT	MEASURE
Graham Cracker Crumb Crust (page 170) or one 6-oz reduced-fat graham cracker crust		1 recipe
Pure maple syrup	9 oz	¾ c
Large egg whites	3	3¾ oz
Quick-cooking oats	7½ oz	2¼ c (1⅛ pt)
Firmly packed raisins	4 oz	⅔ c
All-purpose flour		1 tbsp
Ground cinnamon		1 tsp

Prepare crust and set aside. Preheat oven to 325 degrees F.

Combine maple syrup and egg whites in a medium bowl. Mix until well blended. Add oats, raisins, flour, and cinnamon. Mix until well blended.

Spoon into crust. Bake until the top is golden brown and filling just set in center, or about 45 minutes. Cool completely. Cut into 8 wedges. Top with a scoop of vanilla fat-free frozen yogurt, if desired, and serve.

NUTRITIONAL FACTS

Calories: 371 (20% from fat)	Carbohydrate: 68.2 g and 72%	Calcium: 48.9 mg
Fat: 8.4 g (1.5 g sat, 3.3 g mono, 2.8 g poly)	Fiber: 3.4 g	Diabetic Exchanges: 2½ Starches; 1 Other
Protein: 7.3 g and 8%	Cholesterol: 0 mg	Carbohydrate; 1 Fruit; 1½ Fats
	Iron: 2.5 mg	
	Sodium: 206.1 mg	



Peach Pie Topped with Lemon Marshmallow Meringue

To give peach pie a healthy new twist, a reduced-fat whole wheat crust is topped with beta carotene-rich peach slices, then coated in fruit juice glaze and topped with golden lemon marshmallow meringue. The citrus-

flavored airy egg-white topping makes a refreshing complement to the golden peach filling. When fresh peaches aren't readily available, frozen peaches work well in this pie, too.

YIELD: 9-inch pie

SERVINGS: 8

SERVING SIZE: 1 wedge (one-eighth pie)

	WEIGHT	MEASURE
Whole Wheat Pastry Crust (page 177), baked		1 recipe
Peeled and thinly sliced fresh ripe peaches	1 lb 10 oz	4½ c (1⅛ qt)
Thawed white grape juice concentrate, undiluted		1 c
Cornstarch		¼ c
Finely grated lemon zest		2 tsp
Lemon Marshmallow Meringue Topping (page 171)		1 recipe

Prepare crust and set aside. Lower oven heat to 350 degrees F.

To peel the peaches, blanch them in boiling water for 20 to 60 seconds and then place them in ice water or under cold running water until completely cooled. The skins should slip off easily. Place peaches in a baking pan. Cover and bake until tender, or about 30 minutes. Remove from oven and reset to 450 degrees F.

Combine juice concentrate and cornstarch in a small saucepan. Mix until smooth. Cook over medium heat, stirring until thickened.

Add juice in peach pan to thickened juices. Mix until blended. Add thickened juices and lemon zest to peaches. Mix until peaches are evenly coated.

Spoon filling into baked pastry crust. Prepare Lemon Marshmallow Meringue Topping and spread over warm filling, sealing to crust. Bake until lightly browned, or 3 to 5 minutes. Set to cool until juices have thickened, or about 1 hour. Cut into 8 wedges and serve. Store refrigerated.

NUTRITIONAL FACTS

Calories: 310 (17% from fat)	Carbohydrate: 62.4 g and 77%	Sodium: 182.1 mg
Fat: 6.2 g (1.2 g sat, 2.6 g mono, 1.9 g poly)	Fiber: 3.5 g	Calcium: 23.8 mg
Protein: 4.6 g and 6%	Cholesterol: 0 mg	Diabetic Exchanges: 1 Starch; 1 Other Carbohydrate; 2 Fruits; 1 Fat
	Iron: .8 mg	

Pineapple Custard Cream Meringue Pie

From its golden brown fat- and cholesterol-free meringue topping to its sweet and creamy, fat- and cholesterol-free pineapple filling and reduced-fat whole wheat pastry crust, this pie meets all the criteria for a tasty and healthy dessert.

YIELD: 9-inch pie

SERVINGS: 8

SERVING SIZE: 1 wedge (one-eighth pie)

	WEIGHT	MEASURE
Whole Wheat Pastry Crust (page 177), baked		1 recipe
Granulated sugar	6 oz	¾ c + 2 tbsp
All-purpose flour		2 tbsp
Salt		⅛ tsp
Fat-free sour cream	8½ oz	1 c
Large egg whites	3 ¾ oz	3
Crushed pineapple canned in juice, drained, reserving ½ c juice	20-oz can	
Meringue Topping for Pie (page 175)		1 recipe

Prepare crust and set aside. Reduce oven heat to 350 degrees F.

Combine sugar, flour, and salt in a medium saucepan. Mix well. Stir in sour cream, egg whites, and ½ cup reserved pineapple juice. Mix until blended.

Simmer over medium-low heat, stirring, until thick. Remove from heat. Mix in pineapple. Transfer to a medium storage container. Cover surface with plastic wrap. Refrigerate until just cool. Spoon into pastry crust.

Prepare meringue topping and spread over filling, sealing to pastry crust. This helps prevent shrinkage. Bake until meringue is lightly browned, or about 15 minutes. Cool completely. Cut into 8 wedges and serve. Store refrigerated.

NUTRITIONAL FACTS

Calories: 271 (19% from fat)	Carbohydrate: 49.3 g and 71%	Calcium: 59.6 mg
Fat: 6 g (1.1 g sat, 2.6 g mono, 1.8 g poly)	Fiber: 2 g	Diabetic Exchanges: 2 Starches; ½ Other
Protein: 6.4 g and 9%	Cholesterol: 0 mg	Carbohydrate; ½ Fruit;
	Iron: .9 mg	1 Fat
	Sodium: 240.7 mg	



Pumpkin Chiffon Pie Dashed with Orange in Corn Flake Crumb Crust

There's no need to wait until Thanksgiving to put pumpkin pie on the menu. This chilled, fluffy pumpkin chiffon pie with a hint of orange is the perfect light dessert for a hot summer day. Rather than the expected graham cracker crumb crust, this beta carotene-rich pie filling is complemented by a crunchy corn flake crumb crust.

YIELD: 9-inch pie

SERVINGS: 8

SERVING SIZE: 1 wedge (one-eighth pie)

	WEIGHT	MEASURE
Corn Flake Crumb Crust (page 168)		1 recipe
Evaporated fat-free milk		¼ c + 2 tbsps
Unflavored gelatin		1 envelope (scant 1 tbsps)
Canned pumpkin	18 oz	2 c (1 pt)
Large egg whites, divided	5 oz	4
Firmly packed light brown sugar	4 oz	½ c
Thawed orange juice concentrate, undiluted		1 tbsps
Finely grated orange zest		1 tsp
Ground cinnamon		¼ tsp
Ground ginger		⅛ tsp
Ground nutmeg		⅛ tsp
Cream of tartar		¼ tsp
Granulated sugar	3 oz	scant ½ c

Prepare crust, reserving 2 tablespoons corn flake crumbs to sprinkle over top of pie. Refrigerate until use.

Place evaporated milk in a small bowl. Sprinkle gelatin over. Let stand until softened, or about 5 minutes.

Combine pumpkin, 2½ ounces (2) egg whites, brown sugar, orange juice concentrate, orange zest, cinnamon, ginger, and nutmeg in a medium bowl. Whisk until well blended. Place in a saucepan of barely simmering water. Cook, stirring, until thick. Stir in soaked gelatin until dissolved. Cover and chill until mixture mounds on a spoon.

Combine remaining egg whites and cream of tartar in a medium mixing bowl. Beat with an electric mixer until soft peaks form. Slowly beat in granulated sugar. Continue beating until stiff glossy peaks form.

Gently fold whipped egg whites into pumpkin mixture. Spread filling evenly in crust. Sprinkle reserved 2 tablespoons corn flake crumbs over filling. Chill until set, or about 3 hours. Cut into 8 wedges and serve. Store refrigerated.

NUTRITIONAL FACTS

Calories: 280 (9% from fat)	Carbohydrate: 60.4 g and 84%	Sodium: 297.3 mg
Fat: 2.9 g (.6 g sat, 1.3 g mono, .9 g poly)	Fiber: 1.4 g	Calcium: 71 mg
Protein: 4.6 g and 6%	Cholesterol: .4 mg	Diabetic Exchanges: 1
	Iron: 3.6 mg	Starch; 2 Other Carbohydrates; 1 Fruit; ½ Fat

Red Cherry Pie Splashed with Amaretto

Fruit pie fillings are frequently thickened with flour or cornstarch. The result is a gluey texture, dull color, and lackluster flavor. For a crystal-clear and vibrant-tasting filling with a more delicate texture, this cherry pie is thickened with quick-cooking tapioca. If only pearl tapioca is available, make your own quick cooking tapioca by processing it in a blender or food processor until the granules are broken into small bits.

YIELD: 9-inch pie

SERVINGS: 8

SERVING SIZE: 1 wedge (one-eighth pie)

	WEIGHT	MEASURE
Reduced-Fat and Cholesterol-Free Pastry Crust (page 176) unbaked		½ recipe (9-inch crust + cutouts)
Tart pitted and drained red cherries, canned in water, divided	1 lb 7 oz	2 14½-oz cans,
Minute tapioca	1 oz	3 tbsp
Ground allspice		⅛ tsp
Ground cinnamon		⅛ tsp
Thawed white grape juice concentrate, undiluted		1⅔ c
Amaretto (almond-flavored liqueur)		3 tbsp
Red food coloring		12 drops (optional)

Prepare crust and set aside. Preheat oven to 450 degrees F.

Combine two-thirds drained cherries with tapioca, allspice, and cinnamon in a medium bowl. Toss lightly to mix. Add grape juice concentrate, amaretto, and food coloring (if using). Mix well. Let stand about 15 minutes.

Spoon cherry mixture into pastry crust. Spoon remaining cherries over. Top with pastry cutouts.

Bake for 10 minutes, then reduce oven heat to 350 degrees F and bake until crust is golden brown, or about 40 minutes longer. If crust's edges are becoming too brown, cover with foil and continue baking. Set to cool until juices have thickened, or about 1 hour. Cut into 8 wedges and serve.

NUTRITIONAL FACTS

Calories: 269 (20% from fat)	Carbohydrate: 51.1 g and 75%	Iron: 2.2 mg
Fat: 6.2 g (1.2 g sat, 2.6 g mono, 2 g poly)	Alcohol: .3 g and 1%	Sodium: 157.1 mg
Protein: 3 g and 4%	Fiber: 1.6 g	Calcium: 22.2 mg
	Cholesterol: 0 mg	Diabetic Exchanges: 1 Starch; 2½ Fruits; 1 Fat



Rhubarb Strawberry Pie with a Hint of Orange and Cinnamon

I can't imagine growing up without a patch of rhubarb in the backyard. From the rose-colored stalks' first appearance in early spring through its midsummer growing season, my mother was busy turning the tart shoots into cinnamon-sugar encrusted homey rhubarb cake, rhubarb sauce splashed with orange, and pebbly topped aromatic rhubarb muffins. This recipe is dedicated to those wonderful childhood memories.

YIELD: 9-inch pie

SERVINGS: 8

SERVING SIZE: 1 wedge (one-eighth pie)

	WEIGHT	MEASURE
Reduced-Fat and Cholesterol-Free Pastry Crust (page 176), unbaked		½ recipe (9-inch crust + cutouts)
1-inch pieces fresh or frozen unsweetened rhubarb	1¼ lb	5 c (1¼ qt)
Hulled and quartered fresh ripe strawberries	13 oz	2¼ c (1⅛ pt)
Granulated sugar	10 oz	scant 1½ c
Cornstarch		¼ c + 1 tbsps
Vanilla extract		2 tsp
Ground cinnamon		1 tsp
Finely grated orange zest		1 tsp
Large egg white	¾ oz	½ (1½ tbsps)
Water		1½ tsp
Granulated sugar		1 tsp

Prepare crust and set aside. Preheat oven to 400 degrees F.

Combine rhubarb, strawberries, sugar, cornstarch, vanilla, cinnamon, and orange zest in a large bowl. Mix gently.

Spoon into unbaked pastry crust. Top with pastry cutouts. To divide egg white in half, whip lightly and then divide. Beat half egg white and water together in a small bowl. Brush on pastry cutouts. Sprinkle lightly with 1 teaspoon sugar.

Bake until crust is golden brown, or 50 to 60 minutes. Set to cool until juices have thickened. Cut into 8 wedges and serve.

NUTRITIONAL FACTS

Calories: 318 (17% from fat)	Carbohydrate: 64 g and 79%	Calcium: 77.4 mg
Fat: 6.2 g (1.2 g sat, 2.6 g mono, 2 g poly)	Fiber: 3.1 g	Diabetic Exchanges: 1
Protein: 3.2 g and 4%	Cholesterol: 0 mg	Starch; 2½ Other Carbohydrates; 1 Fruit;
	Iron: 1.4 mg	1 Fat
	Sodium: 155.2 mg	

Sweet Potato Cheesecake Drizzled with Apple-Flavored Caramel Glaze

Sweet potatoes are one of the most nutritious vegetables. The orange-fleshed tubers are rich in beta-carotene; a good source of fiber, manganese, and copper; and contain only about 120 calories per 5-inch potato. Their creamy texture and sweet taste add richness to this fruit juice-sweetened cheesecake without fat or cholesterol.

YIELD: 9-inch cheesecake

SERVINGS: 16

SERVING SIZE: 1 wedge (one-sixteenth cheesecake)

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Stick margarine	1½ oz	3 tbsp
Graham cracker crumbs	6 oz	1½ c
Thawed apple juice concentrate, undiluted		¼ c + 2 tbsp
Puréed peeled sweet potatoes, cooked without salt, or drained and puréed canned sweet potatoes	8 oz	1 c
All-purpose flour		1 tbsp
Brandy		1 tbsp
Ground cinnamon		¼ tsp
Ground nutmeg		⅛ tsp
Ground allspice		⅛ tsp
Ground cloves		pinch
Block-style fat-free cream cheese	1 lb	2 c
Unpacked light brown sugar	7 oz	1⅓ c
Large egg whites	3¾ oz	3

Preheat oven to 350 degrees F. Coat a 9-inch springform pan with cooking spray.

Melt margarine in a small saucepan. Add cracker crumbs and juice concentrate. Mix until crumbs are evenly moistened. Press evenly into bottom and about 1½ inches up sides of prepared pan. Set aside.

Combine sweet potato purée, flour, brandy, cinnamon, nutmeg, allspice, and cloves in a medium bowl. Mix until well blended. Set aside.

Place cream cheese in a medium mixing bowl. Beat with an electric mixer until smooth and creamy. Gradually beat in brown sugar until smooth.

Add egg whites one at a time, mixing on low speed. Beat until just blended. Gradually add sweet potato mixture, beating until smooth. Pour into crumb-lined pan.

Bake until center appears set but jiggles slightly when gently shaken, or about 50 minutes. Leave cake in oven another 30 minutes with oven turned off and door open at least 4 inches. Cool cake in pan on a wire rack. Remove sides of pan. Refrigerate several hours or until chilled. Cut into 16 wedges. Spoon on Apple-Flavored Caramel Glaze with a Splash of Brandy (page 214), if desired, and serve.

NUTRITIONAL FACTS

Calories: 164 (18% from fat)	Carbohydrate: 27.6 g and 67%	Calcium: 105.1 mg
Fat: 3.3 g (.6 g sat, 1.4 g mono, 1.1 g poly)	Fiber: .6 g	Diabetic Exchanges: ½ Starch; 1 Other Carbohydrate; 2 Vegetables;
Protein: 6 g and 15%	Cholesterol: 2.2 mg	½ Fat
	Iron: .9 mg	
	Sodium: 250.8 mg	



Tropical Fruit Curd Decorated with Strawberries in Meringue Pastry Shell

Traditionally, curds were rich and creamy mixtures made from lemon, lime, or orange juice, thickened and enriched with egg yolks and butter. For a reduced-fat curd with a tropical taste, this recipe calls for naturally dense and rich-tasting sweet mango nectar to be thickened with cornstarch

and flour and then brought to life with a splash of freshly squeezed lime juice, a sprinkle of lime zest, and a pinch of salt.

In Britain, curd is served like jam or jelly as a spread for biscuits and scones. Yet its uses are so much greater. It can be spooned over healthful homestyle cakes, whole grain pancakes and waffles, fresh fruits, or reduced-fat ice creams and low-fat frozen yogurts. Here, it serves as filling for a crisp lime-flavored meringue pastry shell.

YIELD: 9-inch pie with 2½ c fruit curd
SERVING SIZE: 1 wedge (one-eighth pie)

SERVINGS: 8

	WEIGHT	MEASURE
Lime-Flavored Meringue Pastry Shell (page 174)		1 recipe
Granulated sugar	7 oz	1 c
Cornstarch	1 oz	3½ tbsp
All-purpose flour		2 tbsp
Salt		¼ tsp
Mango nectar		2 c (1 pt)
Fresh lime juice		2 tbsp
Finely grated lime zest		1 tsp
Hulled and sliced fresh ripe strawberries	8 oz	1½ c

Prepare pastry shell and set aside.

Combine sugar, cornstarch, flour, and salt in a medium saucepan. Mix well. Beating until smooth, slowly add mango nectar. Heat to boiling, then reduce heat to medium. Continue cooking and beating until thick. Remove from heat. Stir in lime juice and zest. Set aside until cool.

Spoon curd into meringue pastry shell. Arrange strawberries over curd. Cut into 8 wedges. Garnish with mint sprigs, if desired, and serve.

NUTRITIONAL FACTS		
Calories: 249 (5% from fat)	Carbohydrate: 59.1 g and 92%	Sodium: 108.8 mg
Fat: 1.6 g (.2 g sat, .6 g mono, .6 g poly)	Fiber: 1.4 g	Calcium: 15.9 mg
Protein: 1.8 g and 3%	Cholesterol: 0 mg	Diabetic Exchanges: ½ Starch; 2 Other Carbohydrates; 1½ Fruits
	Iron: .5 mg	