



Pecan Pie

INGREDIENTS:

1 cup Brown sugar
¼ cup White sugar
½ cup Water
2 Tablespoons Arrowroot (for thickener)
1/3 cup Egg beaters
2 each Eggs
2 Tablespoons Butter
1 teaspoon Pure vanilla extract
½ teaspoon Salt
2 cups. Pecans, chopped

Pie Crust

4 ounces Butter, unsalted, cold
4 ounces Fat free cream cheese, cold
¼ cup. Sugar
1/8 teaspoon Salt
¼ teaspoon Baking powder
1 Tablespoon Apple cider vinegar
4 Tablespoons Ice cold water
2 cups Flour
¼ cup Flour, for rolling out pie crusts.

PREPARATION:

- Preheat oven to 375° F.
- In mixing bowl, with paddle attachment, mix all ingredients.
- Sprinkle clean counter with a small amount of flour.
- Roll dough out on counter, large enough for a 9” pie pan. This dough recipe should make enough for three pies. Make sure dough is not too thick.
- Once you have rolled out the dough, it will more than likely be a 14 x 14 circle. There will be lots of extra dough.

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- Then place the large rolled out dough over the pie pan. Press dough down into pie pan, to make a good fit. Cut off excess dough that drapes below the edge of the pie pan. Leave enough dough so that you are able to fold and crinkle along the edges.
- Once you have cut the extra dough off roll that dough back into another ball and repeat if you are making multiple pies. Otherwise freeze.
- Crinkle the pie dough around the edges of the pan to make a nice design for your pie. Then place in refrigerator to chill for about 15 minutes.

Pecan Filling:

- In medium sauce pot, mix sugars and ½ cup of water. You are making simple syrup.
- Bring sugar and water to low boil.
- Mix arrowroot or cornstarch with cold water, about 2 tablespoons.
- Whisk cornstarch or arrowroot slurry into the low boiling sugar mixture.
- Whisk until thickened. If after 5 minutes the sugar syrup is not thickened make slurry.
- Then pull off heat, mix in salt, vanilla and pecans.
- Let cool to about room temperature.
- Then whisk in eggs and egg beaters.
- Fill chill pie crust.
- Bake in oven for approximately 50 minutes or so. The center should be slightly jiggling.
- Cool pie completely then enjoy alone or with non fat cool whip.

**Chef's Note: A traditional pecan pie may have over 500 calories per 1/8 slice! This pecan pie is still a little higher in calories and fat, but definitely the 'better' choice. To reduce calories even more, use all egg beaters in place of the eggs, plus take out the added butter. Pecan pie is a seasonal treat, so it's OK to enjoy your slice on Thanksgiving Day!*

Number of servings: 12

Serving size: 1/12 of the pie

Calories: 290

Fat: 16

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