

Blueberry Crumble Slab Pie

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Servings: 24

*2 1/2 cups all-purpose flour
3/4 teaspoon salt
3/4 cup butter-flavor shortening
8 to 10 tablespoons ice water
1 cup granulated sugar
1/4 cup all-purpose flour
1/2 teaspoon ground cinnamon
1/2 teaspoon lemon zest
6 cups fresh or frozen blueberries*
CRUMB TOPPING
*1 cup rolled oats
1 cup packed brown sugar
1/2 cup all-purpose flour
1/2 cup butter
1/2 cup chopped pecans*

Preparation Time: 30 minutes

Bake: 40 minutes

Preheat the oven to 375 degrees.

In a large bowl, stir together the 2-1/2 cups of flour and the salt. Using a pastry blender, cut in the shortening until pieces are pea size. Sprinkle one tablespoon of the ice water over part of the flour mixture. Toss gently with a fork. Push the moistened pastry to the side of the bowl. Repeat moistening the flour mixture, using one tablespoon of water at a time, until all of the flour mixture is moistened. Gather the pastry into a ball, kneading gently until it holds together.

On a lightly floured surface, roll the pastry into a 9x13-inch rectangle. Wrap the pastry around the rolling pin. Unroll into a 15x10x1-inch baking pan. Ease the pastry onto the bottom and up the sides without stretching it. Trim the pastry 1/4-inch beyond the edges of the pan. Fold under the extra pastry and crimp the edges as desired.

In a large bowl, stir together the sugar, 1/4 cup of flour, the cinnamon and the lemon zest. Add the blueberries. Toss gently to coat. Spoon the blueberry filling evenly into the pastry-lined baking pan.

Make the Crumb Topping: In a large bowl, stir together the oats, brown sugar and flour. Using a pastry blender, cut in the flour until the topping resembles coarse crumbs. Stir in the chopped pecans. Sprinkle the Crumb Topping over the blueberry filling.

Bake for 40 to 45 minutes or until the filling is bubbly and the topping is golden. If necessary to prevent overbrowning, cover the top of the pie loosely with foil for the last 10 minutes of baking. Cool slightly in the pan on a wire rack.

Serve warm or cool completely. Cut into bars.

TOP: If using frozen blueberries, toss with the sugar mixture as directed, then let stand at room temperature for 30 minutes before adding to the pastry-lined pan. The berries will still be icy.

Per Serving (excluding unknown items): 192 Calories; 6g Fat (27.2% calories from fat); 3g Protein; 33g Carbohydrate; 1g Dietary Fiber; 10mg Cholesterol; 112mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	192	Vitamin B6 (mg):	trace
% Calories from Fat:	27.2%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	67.6%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	5.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	6g	Folacin (mcg):	28mcg
Saturated Fat (g):	3g	Niacin (mg):	1mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	10mg	% Refuse:	0%
Carbohydrate (g):	33g		
Dietary Fiber (g):	1g		
Protein (g):	3g		
Sodium (mg):	112mg		
Potassium (mg):	73mg		
Calcium (mg):	17mg		
Iron (mg):	1mg		
Zinc (mg):	trace		
Vitamin C (mg):	trace		
Vitamin A (i.u.):	151IU		
Vitamin A (r.e.):	36 1/2RE		

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	1

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving

Calories 192 **Calories from Fat:** 52

% Daily Values*

Total Fat 6g	9%
Saturated Fat 3g	13%
Cholesterol 10mg	3%
Sodium 112mg	5%
Total Carbohydrates 33g	11%
Dietary Fiber 1g	4%
Protein 3g	
Vitamin A	3%
Vitamin C	0%
Calcium	2%
Iron	7%

** Percent Daily Values are based on a 2000 calorie diet.*