

Blueberry-Cardamom Pie with Almond Streusel

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Servings: 8

FOR THE CRUST AND FILLING

1 round refrigerated pie dough, at room temperature
5 cups blueberries, stemmed
1/2 cup sugar
1/4 cup quick-cooking tapioca
3/4 teaspoon ground cardamom
1 1/2 tablespoons fresh lemon juice
pinch salt

FOR THE STREUSEL

3/4 cup roasted, unsalted almonds
1/2 cup flour
1/3 cup sugar
1 teaspoon finely grated lemon zest
1/2 teaspoon ground cardamom
6 tablespoons (3/4 stick) cold unsalted butter, cut into small pieces, plus more if necessary

Preparation Time: 30 minutes

Preheat the oven to 400 degrees.

Unroll the pie dough on a lightly floured work surface. Roll out to an eleven-inch round. Center the dough on a 9-1/2-inch pie plate. Use your fingers to gently press into place along the sides. Fold under any overhang from the crust and crimp. Refrigerate until ready to fill.

In a large bowl, stir together the blueberries, sugar, tapioca, cardamom, lemon juice and salt. Let stand as you prepare the streusel.

In a food processor, combine the almonds, flour, sugar, lemon zest and cardamom. Pulse for a few seconds to evenly grind the almonds and combine. Add the butter; pulse until the streusel clumps in spots. Pinch to test - it should clump together. If it doesn't, add another 1/2 tablespoon of butter and pulse again.

Put the pie plate on a rimmed baking sheet. Pour the filling into the crust, spreading evenly. Clump the streusel together by handfuls and evenly scatter over the filling, reserving about a handful in a bowl. Pat the streusel so that it covers most of the pie, with some streusel peeking out around the edge. Drop the remaining handful of streusel on the center of the pie to give the topping some height.

Transfer the pie to the oven and bake until the streusel is golden brown and the filling is bubbly, 50 to 55 minutes.

For easiest slicing, let cool and then refrigerate for six hours or overnight.

Start to Finish Time: 1 hour 25 minutes

Per Serving (excluding unknown items): 158 Calories; trace Fat (2.4% calories from fat); 1g Protein; 39g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Fruit; 0 Fat; 1 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	158	Vitamin B6 (mg):	trace
% Calories from Fat:	2.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	94.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	trace	Folacin (mcg):	8mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	39g		
Dietary Fiber (g):	3g	Food Exchanges	
Protein (g):	1g	Grain (Starch):	1/2
Sodium (mg):	6mg	Lean Meat:	0
Potassium (mg):	96mg	Vegetable:	0
Calcium (mg):	8mg	Fruit:	1
Iron (mg):	1mg	Non-Fat Milk:	0
Zinc (mg):	trace	Fat:	0
Vitamin C (mg):	13mg	Other Carbohydrates:	1 1/2
Vitamin A (i.u.):	91IU		
Vitamin A (r.e.):	9RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 158 **Calories from Fat:** 4

% Daily Values*

Total Fat trace	1%
Saturated Fat trace	2%
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrates 39g	13%
Dietary Fiber 3g	11%
Protein 1g	
Vitamin A	2%
Vitamin C	22%
Calcium	1%
Iron	3%

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