

Blueberry-Cream Cheese Hand Pies

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Servings: 8

Yield: 8 hand pies

PIE DOUGH

2 1/2 cups all-purpose flour

1 teaspoon sugar

1/2 teaspoon salt

2 sticks cold unsalted butter, cut into pieces

1/4 cup ice water

FILLING

8 ounces cream cheese, room temperature

1/4 cup granulated sugar

2 teaspoons lemon zest

1 tablespoon lemon juice

1 large egg

10 ounces frozen blueberries

2 tablespoons all-purpose flour

2 tablespoons heavy cream

1 tablespoon sanding sugar

Preparation Time: 1 hour 15 minutes

Make the pie dough: In a food processor, pulse the flour, sugar and salt. Add the butter, pulsing until the mixture resembles coarse meal, with a few pea-size pieces of butter remaining. Add the ice water, pulsing until the dough is crumbly but holds together when squeezed (if necessary, add up to two tablespoons of water).

Divide the dough into two disks. Roll each disk to a thickness of 1/8-inch. Wrap each in plastic. Refrigerate at least one hour (or up to two days),

Preheat the oven to 400 degrees.

In a bowl, stir together the cream cheese, 1/2 cup granulated sugar, the lemon zest and egg until smooth.

In another bowl, toss the blueberries, with 1/4 cup of granulated sugar, the lemon juice and flour.

Lay one round of the dough on a parchment-lined baking sheet and cut into quarters. Spoon one heaping tablespoon of the cream cheese mixture into the center of each quarter. Spoon two tablespoons of the blueberry mixture on top. Brush the edges with cream and bring opposite corners together to form triangles; trim if needed. Crimp the edges to seal, brush the tops with cream and sprinkle with the sanding sugar.

Repeat with the remaining dough round and fillings.

Cut a small vent in each pie and bake until golden, 20 to 25 minutes, rotating the sheets halfway through.

Let cool completely on wire racks before serving.

Start to Finish Time: 3 hours 15 minutes

You can substitute two store-bought pie crusts for the homemade ones, if desired.

Per Serving (excluding unknown items): 519 Calories; 36g Fat (60.9% calories from fat); 8g Protein; 44g Carbohydrate; 2g Dietary Fiber; 125mg Cholesterol; 232mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 6 1/2 Fat; 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	519	Vitamin B6 (mg):	.1mg
% Calories from Fat:	60.9%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	33.2%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	5.8%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	36g	Folacin (mcg):	74mcg
Saturated Fat (g):	22g	Niacin (mg):	3mg
Monounsaturated Fat (g):	10g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	125mg	% Daily Value:	0.0%
Carbohydrate (g):	44g		
Dietary Fiber (g):	2g		
Protein (g):	8g		
Sodium (mg):	232mg		
Potassium (mg):	119mg		
Calcium (mg):	46mg		
Iron (mg):	2mg		
Zinc (mg):	1mg		
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	1386IU		
Vitamin A (r.e.):	363RE		

Food Exchanges

Grain (Starch):	2
Lean Meat:	1/2
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	6 1/2
Other Carbohydrates:	1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 519 **Calories from Fat:** 316

% Daily Values*

Total Fat 36g	55%
Saturated Fat 22g	108%
Cholesterol 125mg	42%
Sodium 232mg	10%
Total Carbohydrates 44g	15%
Dietary Fiber 2g	8%
Protein 8g	
Vitamin A	28%
Vitamin C	4%
Calcium	5%
Iron	14%

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