

Lemon Cream Pie

Cooking Light Magazine

Servings: 8

CREAM PIE BASICS

PREBAKE THE CRUST. Toast a crumb crust to seal it; completely bake and cool a pastry crust before spooning in the filling. This ensures the crust will stand up to the moisture in the custard without becoming soggy.

COOL AND CHILL FILLING: The filling will continue to thicken as it cools, so it is important to chill it well before slicing and serving. Place the saucepan directly in an ice bath, stirring occasionally to speed along the cooling process.

- 1/2 package (14.1 oz) refrigerated pie dough**
- cooking spray**
- 1/2 cup sugar**
- 1 tablespoon grated lemon rind, divided**
- 1/4 cup fresh lemon juice**
- 3 tablespoons cornstarch**
- 1/4 teaspoon salt**
- 2 large eggs**
- 1 1/2 cups fat-free milk**
- 1/4 cup (2 oz) low-fat cream cheese, softened**
- 2 tablespoons butter, softened**
- 1 1/2 cups frozen fat-free whipped topping, thawed**

Roll dough into a 12-inch circle; fit into a 9-inch pie plate coated with cooking spray. Fold edges under and flute. Brush edges of crust with egg wash for nice browning. Bake piecrust according to package directions. Cool completely on a wire rack.

Combine sugar, 2 1/2 teaspoons rind, lemon juice, cornstarch, salt and eggs in a large bowl, stirring well.

Combine milk and cheese in a medium, heavy saucepan over medium-high heat; cook until mixture reaches 180 degrees or until tiny bubbles form around edge (do not boil).

Gradually add the hot milk mixture to the sugar mixture, stirring constantly with a whisk. Return milk mixture to pan and cook over medium heat for 10 minutes or until thick and bubbly, stirring constantly. Remove from heat; stir in butter.

Place pan in a large ice-filled bowl for 10 minutes or until the mixture cools to room temperature, stirring occasionally.

Spoon filling into prepared crust and cover surface of filling with plastic wrap.

Chill for 3 hours or until set. Remove plastic wrap.

Spread the whipped topping evenly over chilled pie and sprinkle with remaining lemon rind.

Per Serving (excluding unknown items): 106 Calories; 4g Fat (34.3% calories from fat); 2g Protein; 16g Carbohydrate; trace Dietary Fiber; 61mg Cholesterol; 114mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 1/2 Fat; 1 Other Carbohydrates.