

Pumpkin Chiffon Pie

Mark Szanyi, OFM

Culinary Creations and Wonders - St Lucie Council of Catholic Women - 2009

*1 prebaked pie crust
chopped walnuts
1 envelope unflavored
gelatin
1/2 cup packed brown
sugar
1 1/4 cups pumpkin pie mix
1 1/4 cups evaporated milk
or 3/4 cup milk
2 egg yolks
2 egg whites
1/4 cup sugar
whipped cream (for topping)*

Sprinkle the pie crust with chopped walnut.

In a saucepan, combine the gelatin, brown sugar, pumpkin pie mix, milk and egg yolks. Cook, stirring until the mixture comes to a rolling boil. Boil for 1 minute. Cool, stirring occasionally, until the mixture mounts (1 or 2 minutes).

In a bowl, beat the egg whites until stiff but not dry. Gradually add 1/4 cup of sugar and beat until stiff. Fold into the pumpkin mixture. (Be sure the mixture is cool (not cold) before adding the egg whites.) Turn the mixture into the baked nut-lined pie shell. Top with whipped cream.

(A small can of pumpkin pie mix makes one pie, a large can makes two pies. If you cannot get pumpkin pie mix, use pumpkin but flavor with nutmeg and cinnamon.)

Per Serving (excluding unknown items): 1083 Calories; 10g Fat (8.3% calories from fat); 19g Protein; 235g Carbohydrate; 0g Dietary Fiber; 425mg Cholesterol; 383mg Sodium. Exchanges: 1 1/2 Lean Meat; 1 1/2 Fat; 15 1/2 Other Carbohydrates.