

## Pies

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# Pie Shell For One Pie or Deep Dish Pie

**1 1/3 cups flour**

**1 teaspoon salt**

**1/3 cup salad oil**

**3 tablespoons milk or ice water**

Mix all ingredients with a fork.

Press between two pieces of waxed paper. Roll to required size.

Remove one piece of wax paper. Press exposed dough on bottom of pie dish. Spread dough with kneading motion to cover entire bottom of dish. Remove top piece of wax paper.

Bake at 450 degrees for 12-15 minutes.

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Per Serving (excluding unknown items): 1241 Calories; 74g Fat (53.5% calories from fat); 17g Protein; 127g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 2135mg Sodium. Exchanges: 8 1/2 Grain(Starch); 14 1/2 Fat.