

## Pumpkin Pie From *The New American Plate Cookbook*

- Canola oil spray
- 2 cups canned pumpkin (one 15-ounce can and 1/4 cup of another 15-ounce can)\*
- Dough for 1 [New American Plate Pie Crust](#)
- 1 1/2 teaspoons unbleached all-purpose flour
- 1/2 teaspoon ground nutmeg, divided
- 3/4 teaspoon ground cinnamon, divided
- 1 can (12 ounces) evaporated fat-free milk
- 1/2 cup packed dark brown sugar
- 2 or 3 large eggs, lightly beaten†
- 1/4 teaspoon salt
- 1/4 teaspoon ground allspice
- 1/2 teaspoon vanilla extract

\**Note:* Any remaining canned pumpkin can be stored in a tightly covered container in the refrigerator for up to 5 days. It can be used as a side dish.

†*Note:* If you prefer a softer, more custardlike texture in your pie filling, use three eggs; if you like a firmer consistency, use two eggs.

Lightly coat the inside of a large, nonstick skillet or saucepan with canola oil spray. Add the pumpkin and cook over medium-high heat, stirring often with a wooden spoon so that all the pumpkin comes in contact with the pan, until the pumpkin is reduced to about 1 3/4 cups, about 5 to 10 minutes. (This can be roughly gauged by “eyeball-ing” the amount or measuring the cooked-down pumpkin.) Transfer the pumpkin to a blender or food processor and let it cool slightly.

Set a baking rack in the middle of the oven. Preheat the oven to 400 degrees.

Meanwhile, roll out the dough. On a sheet of waxed paper, press the dough into a flattened disk. Cover the dough with another sheet of waxed paper and, using a rolling pin, roll the dough out into a 12-inch circle. Remove the top sheet of waxed paper and lift the bottom sheet to invert the dough over a 9-inch pie plate. Remove the waxed paper and gently press the dough down against the sides and bottom of the plate, pressing out any air bubbles. Crimp the edges by pinching between your thumb and forefinger. In a small bowl, combine the flour with 1/4 teaspoon of the nutmeg and 1/4 teaspoon of the cinnamon. Sprinkle the flour and spice mixture evenly over the bottom of the pie crust and set it aside. Chill prepared crust while preparing filling.

Gradually turn the blender or food processor to the highest speed and purée the pumpkin. Stop the motor and scrape down sides of the blender or processor with a rubber spatula. At medium speed, gradually add first the milk, then the sugar, then the eggs, blending only until each addition is incorporated into the mixture. Add the salt, the remaining 1/4 teaspoon nutmeg, the remaining 1/2 teaspoon cinnamon, the allspice, and vanilla extract and blend just until combined. Do not overmix. Pour the filling into the pie crust, scraping down the sides of the blender or processor with a rubber spatula.

Bake the pie for 15 minutes. Reduce the oven heat to 325 degrees and bake about 45 minutes more, until the filling looks set and a thin knife inserted into the center of the pie comes out almost clean. If the rim of the pie crust browns before the filling is set, cover it loosely with strips of foil. Cool the pie on a wire rack before serving.

**Makes 10 servings.**

Per serving: 194 calories, 7 g. total fat (1 g. saturated fat), 29 g. carbohydrates, 6 g. protein, 2 g. dietary fiber, 158 mg. sodium.