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A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul.

November 2018

THANKSGIVING, Part 3:

**Baked Acorn Squash with Tortellini
and Wild Mushrooms**

Cranberry Cream Tart

A Real Whole Wheat Tart Crust

**New England Boiled Vegetable Dinner
with Horseradish Butter**

Nor'easter

Roasted Vegetable Roll

A Tiny Custard Pumpkin Pie

in Cream Cheese Pie Crust

I could never even estimate the number of times I have been asked, “. . . but, what do you eat for Thanksgiving?” Nor could I estimate how many times I started the response with, “Think about it, how much turkey do you really eat at Thanksgiving? There are so many other dishes to enjoy.” Although for many years we brought dishes to a family celebration where the roasted Thanksgiving turkey and all the trimmings were served, we soon found that the smell of roasting meat was too much. We returned to our simple thank you for the harvest gathered.

The editor of *Goday's Lady's Book* Sarah Josepha Hale used the popular voice of her household magazine to promote Thanksgiving recipes as she worked tirelessly to have a day of national thanksgiving established in America in commemoration of that day in 1621 when the colonists and their Native American neighbors sat down to celebrate the plenty of this land they shared. Hale had begun petitioning presidents in 1827. Thirteen presidents later Abraham Lincoln established the national holiday in 1863 in an effort to unite the fractured Union in the middle of the Civil War.

Vegetarian magazines have always focused on a menu for the traditional American holiday meal in their October/November issues. Some of these vegetarian ideas are as elaborate and intimidating as was the first family Thanksgiving you ever attempted. Then came Tofurky and its imitators, soy products that were supposed to make you think “turkey” and leave you with lots of leftovers for sandwiches. Most people I have questioned say that they tried it once but all agreed that you do not have to imitate a roast turkey to celebrate any more than you need to have a funny steak-shaped soy patty with a circle to imitate a bone cut to enjoy a grilled dinner.



We have never settled on one “Thanksgiving meal”; we are constantly exploring ways to enjoy the harvest. Corn, beans, and squash, the three sisters of the Iroquois, are always included in one way or another but many of the foods that might have been served at that first meal certainly have not been explored by us as vegetarians. According to diary entries, venison was brought to that first feast at Plimoth Plantation by the Native Americans, the Wampanoag. Deer hunting continues at this time of year as it did then, corresponding to the rut. All the time I am preparing the meatless dishes for our meal, I hear gun shots on the game lands in the mountains to the northwest of us. Antler season starts the Monday after Thanksgiving here in Pennsylvania; schools are closed and I am careful not to wear my light brown field coat when I walk our property.

There was, unquestionably, much meat at that First Thanksgiving. In addition to venison, ducks and geese heading South for the winter would have been hunted by both the Native Americans and the colonists. American eels would have been readily available in the estuaries and rivers as they moved back into fresh water to winter in the mud of the river bottoms after the spawning period in the Atlantic Ocean. Smoked fish, shellfish including lobsters, clams, and mussels, as well as a wild fowl such as turkeys would have been at hand. Swans and passenger pigeons, a species extinct now for over one hundred years, may well have been included in that feast.

What about fruits and vegetables? Well, the colonists grew corn, not the sweet corn we grow today, squash, beans, turnips, carrots, onions, leeks, garlic, melons, Jerusalem artichokes, cabbages, parsnips, collards, spinach, parsley, and many herbs we traditionally use in our Thanksgiving cooking today like sage, marjoram, and thyme. Pumpkins were grown but there would not have been pumpkin pies because butter and flour would not have been part of the colonial larder in 1621. Pumpkin pie does not appear until the late 1700s. Cranberries (craneberries) could be gathered from the bogs near Plimoth but sugar would have been too precious a commodity to use the quantity necessary to make the sweet cranberry sauces we

enjoy today. Potatoes did not make their way up from the Southern Hemisphere until much later so mashed and roasted potatoes would not have been a part of that first meal. Wild turkeys were stuffed but most probably with onions and herbs for flavoring. The bread stuffing so popular today would not have been possible since wheat bread would become a staple on the American table some years hence. The wild pigs that the Spanish introduced to the Southern Hemisphere also had not reached the forests near Plimoth so there would have been no pork or pork sausages to add to the onion-herb stuffing. Venison sausages may have been part of their winter larder but there is no record, to my knowledge, of this mode of preservation during that first year. And, if you add apples to your baked stuffing or make a Waldorf salad, those options would not have been possible for a cook in 1621; fruit orchards were yet to be planted. What fruit they had would most likely have been dried fruit like berries and plums from summer foraging not the lovely dried peaches, apricots, mangoes, figs, and pineapple we can pick up in any natural food store. Beechnuts, walnuts, and hazelnuts grew wild and both the colonists and the native peoples may well have contributed them to the dinner that is remembered each year by Americans as our holiday.

I shared our Wild Rice and Mushroom Casserole on pages 662-63 of volume II of *A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul*. It is a family favorite for Thanksgiving and I encourage you to try it. Below are several other ideas that may please your family—three entrees and three desserts to accompany your experimentation. All have been designed to incorporate foods native to our hemisphere that were introduced to the newly arrived immigrants.

BAKED ACORN SQUASH WITH *TORTELLINI* AND WILD MUSHROOMS

TPT - 1 hour and 3 minutes

This is an autumn favorite of ours using our much-loved pairing of dried wild mushrooms and tiny dried tortellini, exported now to the United States and available in grocery stores. It is a viable Thanksgiving entrée idea.

1 medium-large acorn squash—well-washed

2 tablespoons butter

1/4 cup water

1/2 cup *dried*, sliced mushrooms—a mixture of white

field (*Agaricus*), *shiitake, oyster, *porcini****,
*morels***,**

***and/or crimini or baby bella—well-rinsed and
brushed***

to remove any foreign matter***

2 quarts *boiling* water

2 ounces *dried or fresh cheese tortellini*

1 1/2 teaspoons butter

1 teaspoon grated *pecorino Romano* cheese

Preheat oven to 350 degrees F.



Cut squash in half lengthwise and remove seeds. Place cut-side-down on a jelly roll pan or in a shallow baking pan with about 1/2-inch of water. Bake in preheated 350 degree F. oven for about 30 minutes. Turn each squash half cut-side-up and continue baking for an additional 30 minutes.

While squash is baking, melt the 2 tablespoonfuls butter in a large skillet set over *MEDIUM* heat. Add water and dried mushrooms. *Reduce heat to LOW*, cover, and allow mushrooms to reconstitute and brown to a rich burgundy—about 15 minutes. Stir frequently. *Add more butter or water if necessary.*

Add *tortellini* to *boiling* water set over *MEDIUM-HIGH* heat. Boil for about 8-9 minutes, or according to package directions. Drain thoroughly. Add to sautéed mushrooms with the remaining 1 1/2 teaspoonfuls of butter.

Spoon mushroom-*tortellini* mixture into the baked acorn squash halves, dividing it equally among the squashes.

Sprinkle each serving with grated cheese.

Serve at once.

Yields 2 individual servings

Notes: *Dried Chinese black, *shiitake* mushrooms are available in Asian markets and food specialty stores.

**Both *porcini* (also known as *Cêpes Secjes*, *Boletes*, and *Steinpilze*) and morel (*Morchella esculenta*) mushrooms lend a superbly rich and complex flavor to any dish. Although expensive and scarce in the past, these wonderful mushrooms are now widely available in the dried form.

***Sliced, fresh mushrooms could be substituted, if desired, but dried mushrooms give this dish an uniquely earthy flavor that fresh mushrooms can not impart. Drying sliced mushrooms using one of the inexpensive dehydrators available is a very simple process. By drying mushrooms yourself you can be assured that they are *well-cleaned, well-trimmed, and flawless*.

This recipe can be doubled or tripled, when required.

1/2 SERVING (with 1/2 teaspoonful cheese) –
PROTEIN = 7.3 g.; FAT = 18.6 g.; CARBOHYDRATE = 37.6 g.;
CALORIES = 336; CALORIES FROM FAT = 50%

CRANBERRY CREAM TART

TPT - 2 hours and 15 minutes;
20 minutes = tart shell cooling period;
1 hour = cooling period

I evolved this dessert for our first Thanksgiving in Pennsylvania. It is sweet, tastes a whole lot richer than it is, and looked absolutely beautiful on a dessert rack with plates of sugar cookies, dried fruits, and nuts.

Dough for one 6-inch A REAL WHOLE WHEAT

TART CRUST [*see recipe which follows*]

1 cup whole berry cranberry sauce
1 tablespoon corn starch

7 ounces fat-free sweetened condensed milk
1/4 cup freshly squeezed lemon juice—*strained*
1/4 cup fat-free pasteurized eggs (the equivalent of 1 egg)

Whipped heavy cream, for garnish, if desired
Sugar-frosted fresh cranberries, for garnish, if desired*

Preheat oven to 425 degrees F. Prepare a **6-inch two-piece French tart pan** by coating with non-stick lecithin spray coating.

Press rolled-out dough into tart pan, trimming along top edge. Using the tines of a fork press holes into the bottom and sides of the crust at 1- to 2-inch intervals. Press an 8-inch round of aluminum foil over the dough surface including the sides. Weight with beans (reserved for this purpose) or metal pastry weights. Blind bake in preheated 425 degree F. oven for 10 minutes. *Carefully* remove foil and pastry weights and return to oven for 5 minutes more.

Reduce oven temperature to 325 degrees. Remove partially baked tart shell from oven. Allow to cool for about 20 minutes.

In a saucepan, stir corn starch into cranberry sauce. Set over *MEDIUM* heat and cook, stirring constantly, until thickened. Spoon into *baked* tart crust.

Using the electric mixer, or by hand using a wire whisk, beat sweetened condensed milk, lemon juice, and pasteurized eggs until thoroughly blended. Spoon milk-egg mixture over cranberry sauce, spreading evenly to perimeter of tart shell.

Bake in preheated 325 degree F. oven for 25 minutes. Cool to room temperature on a wire rack—about 30 minutes. Refrigerate for an additional 30 minutes, or until thoroughly chilled.

Carefully, remove from tart ring to serving dish or pie stand. Using a pastry bag, pipe whipped heavy cream decoratively around the perimeter to garnish, if desired. Nestle sugar-frosted fresh cranberries into the cream, to further garnish, if desired.



Refrigerate until ready to serve. Refrigerate any leftovers.

Yields 5 slices



Notes: *Moisten fresh cranberries with water and roll in *superfine* or *confectioners'* granulated sugar to create a simple, but festive, garnish.

1/5 SERVING (exclusive of whipped cream) –

PROTEIN = 6.3 g.; FAT = 5.5 g.; CARBOHYDRATE = 51.8 g.;

CALORIES = 283; CALORIES FROM FAT = 17%

A REAL WHOLE WHEAT TART CRUST

TPT - 1 hour and 10 minutes;

40 minutes = dough chilling period

Having made and eaten some of the heaviest whole wheat pastry during the health revolution of the 1970s, I have mixed white and whole wheat flour when baking ever since. This pie crust, which continues to amaze me every time I make it, never tastes heavy or “1970s” and you will note that only whole wheat flour is used. It has a light buttery taste that is really everything you want in a tart crust.

1/2 cup whole wheat flour

1/2 teaspoon baking powder

Pinch salt

1/2 teaspoon *light* brown sugar

2 tablespoons *cold* butter—*diced*

1 teaspoon olive oil

1 1/2 tablespoons *ice* water

In a mixing bowl, combine flour, baking powder, salt, and brown sugar. Stir to mix.

Using a pastry blender, cut *cold*, diced butter into flour mixture until of the consistency of coarse corn meal.

Add olive oil and *ice* water and stir with a fork to form a dough. Wrap in plastic wrap and chill for 40 minutes.

Preheat oven to 400 degrees F. Prepare a **6-inch, two-piece, tart pan** by generously buttering or by spraying with non-stick lecithin spray coating.

On a lightly floured surface, roll the chilled ball of pastry to form a circle about 6 inches in diameter. Fold in quarters (bottom to top; then right to left), lay in upper left quadrant of prepared 6-inch tart pan, and unfold. Gently press dough to fill pan, allowing it to come up to the top of the rim. If time permits, freeze prepared crust for about 15 minutes. This helps reduce shrinkage.

If pie crust is to be filled without prebaking, simply fill the pie crust and bake according to recipe directions.

If a baked pie crust is required, an 8-inch square of aluminum foil and fit lightly into crust. Cover bottom surfaces with dried beans, peas, or raw rice (reserved for this purpose), or aluminum pastry weights, if preferred.

Bake in preheated 400 degree F. oven for 10 minutes. Remove aluminum foil and weights. Return crust to oven for an additional 5 minutes. Remove from oven and set on wire racks to cool.

Fill as desired, following individual recipes from this point or wrap in aluminum foil, seal tightly, and freeze until required.

Yield 1 six-inch tart crust

1/4 SERVING (i. e., unfilled crust) –

PROTEIN = 2.1 g.; FAT = 6.8 g.; CARBOHYDRATE = 12.3 g.;

CALORIES = 120; CALORIES FROM FAT = 51%

NEW ENGLAND BOILED VEGETABLE DINNER WITH HORSERADISH BUTTER

TPT - 1 hour and 18 minutes

Living in the Northeast, one accepts a New England boiled dinner as practically a religious ritual, a ritual we missed very much once we chose to become vegetarian. This recipe was evolved to celebrate the stored winter plenty in a way that reminds us always of a treasured regional tradition. As I think about this dish, I remember, oh so clearly, a particular early winter Sunday afternoon in the 1970s as a pot bubbled on the range. Dad called from Arizona and when I told him what I was making for dinner, he said "I'll be right there."

HORSERADISH BUTTER:

3 tablespoons butter—*softened to room temperature*

1 tablespoon prepared horseradish—well-drained

1/2 teaspoon freshly squeezed lemon juice

White pepper, to taste

2 cups vegetarian stock of choice

3 tablespoons dill pickle juice drained from jar of dill pickles

1 tablespoon grainy *Dijon* country-style mustard

1 garlic clove—smashed

1/2 bay leaf

10 small, whole boiling onions—peeled and with a small X cut into each root end

4 small parsnips—peeled and cut into 2-inch lengths

2 carrots—scraped or pared and cut into 2-inch lengths

1 *small* rutabaga (yellow turnip)—peeled and cut into chunks

5 small potatoes *or* 10 tiny new potatoes—*well-scrubbed* and *unpeeled*

1/2 *small* cabbage—cut into 5 wedges

Freshly ground black pepper, to taste

First, prepare the HORSERADISH BUTTER by creaming butter and horseradish together in a small bowl. Add lemon juice and work that thoroughly into horseradish mixture. Season with white pepper, to taste. Turn into serving dish of choice and refrigerate until remainder of dinner is prepared.

In a large kettle, with cover, set over *MEDIUM-HIGH* heat, combine stock, dill pickle juice, and mustard. Bring to the boil.

Reduce heat to *LOW*. Add smashed garlic clove, bay leaf, onions, and parsnip, carrot, and rutabaga pieces. Cover kettle tightly and simmer for 30 minutes. Stir occasionally.

Add *unpeeled* potatoes, tightly cover again, and continue cooking for 15 minutes more. Again, stir occasionally.

Add cabbage wedges, tightly cover again, and cook for about 15 minutes more, or until cabbage is tender.

Using a slotted spoon, remove vegetables to a heated serving bowl or platter. Arrange attractively. Remove and discard garlic clove and bay leaf. Spoon some of pot liquor over vegetables and season lightly with black pepper.

Serve at once, accompanied by additional mustard and prepared HORSERADISH BUTTER to accommodate individual tastes.

Yields 5 generous servings

adequate for 3-5 people

Note: This recipe is easily increased or decreased proportionately, when required.

1/5 SERVING – PROTEIN = 5.7 g.; FAT = 7.7 g.; CARBOHYDRATE = 76.1 g.;
CALORIES = 254; CALORIES FROM FAT = 27%





NOR'EASTER

TPT - about 1 hour;

15 minutes = first cooling period;

30 minutes = second cooling period

Although this dessert is similar to Finnish berry porridges, it reminds us first of the New England cranberry harvest. Then thoughts of the Atlantic coast come to mind as do thoughts of the winter wind shifts and the great “nor’easters,” the heavy three-day snows and rains to which we had become quite accustomed while living on the coast. The edges of these storms reach out to us now in central Pennsylvania and it is then that the clouds race from East to West and our old friends the coastal Herring gulls are apt to show up in our fields looking somewhat bewildered.

1 cup two-percent milk

1/4 cup dry Cream of Rice cereal

4 ounces canned, whole cranberry sauce

1 tablespoon honey

1/2 teaspoon finely grated organic lemon zest

2 tablespoon canned, jellied cranberry sauce, cut into desired shapes, for garnish

Light cream or half and half

Pour milk into a saucepan set over *MEDIUM* heat. Sprinkle Cream of Rice cereal over. Stirring frequently with a wooden spoon, cook until mixture begins to bubble. Continue cooking until thickened, stirring constantly. Remove from heat, cover, and allow to cool for about 15 minutes.



Turn thickened cereal into a large mixing bowl. Using an electric mixer fitted with mixing paddle, beat until smooth. Add whole cranberry sauce, honey, and *finely* grated lemon zest. Continue beating until *very light*.

Divide between **two 6-ounce custard cups or small sherbet glasses**. Garnish with jellied cranberry sauce cut-outs. Refrigerate for at least 30 minutes before serving.

Pass cream to accommodate individual tastes.

Yields 2 individual servings

Note: This recipe may be doubled, when required.

1/2 SERVING (exclusive of cream) –
PROTEIN = 5.2 g.; FAT = 1.5 g.; CARBOHYDRATE = 53.0 g.;
CALORIES = 297; CALORIES FROM FAT = 5%

ROASTED VEGETABLE PASTRY ROLL

TPT - 3 hours

1 hour = apricot and chestnut rehydration period;

30 minutes = pastry rising period

A simple, elegant centerpiece entrée is all you need to convey the importance of the meal. Years ago I tried a recipe, published by a magazine, which involved creating a huge cornucopia of puff pastry wrapped around a cardboard mold. After baking, this gorgeous pastry sculpture was filled. The damp filling soon encouraged the whole thing to collapse unceremoniously in the center of the Thanksgiving table. I was not thankful. Those of you who make strudels know that apple strudel is not the only strudel in the world and that savory strudels like cabbage strudel are wildly popular in Europe. This vegetable roll is, essentially, a savory strudel. It delivers a cornucopia of flavors but it can be depended upon not to collapse and embarrass you.

4 dried, preservative-free, organic apricot halves

8 dried chestnuts

Boiling water

2 tablespoons high-heat safflower or sunflower oil

1 small carrot—scraped or pared and sliced into

1/4-inch rounds

1 small-medium parsnip—peeled and sliced into

1/4-inch rounds

1/4 cup small, fresh cauliflower florets

4 whole, canned baby beets—halved

4 large crimini mushrooms—trimmed, well-rinsed, and quartered

6 frozen artichoke heart quarters

6 frozen, whole boiling onions

3 baby (not peewee) potatoes—quartered

1 small French turnip—peeled and diced

Salt, to taste

1 teaspoon crumbled dried sage

1 teaspoon crumbled dried marjoram

Pinch rosemary powder*

1/4 cup semi-condensed, organic mushroom soup--undiluted

1/4 cup canned, diced tomatoes—well-drained

2 tablespoons red wine

1 teaspoon corn starch

1 sheet frozen puff pastry—defrosted, but still cool

1 teaspoon melted butter

In a small bowl, combine dried apricot halves and dried chestnuts. Cover with *boiling* water and allow to stand for a hour.

Drain. Remove any residual seed coats from the chestnuts. Chop both the apricots and the chestnuts. Set aside until required.

Preheat oven to 375 degrees.

Pour oil into a roasting pan. Add carrot and parsnip slices, cauliflower florets, baby beet halves, quartered mushrooms, quartered artichoke hearts, onions, quartered potatoes, and diced turnip. Sprinkle with salt. Roast in preheated 375 degree F oven, stirring frequently, until browned—about 30 minutes. Turn into a mixing bowl.

Add rehydrated and chopped apricots and chestnuts, crumbled, dried sage and marjoram, and rosemary powder. Toss to distribute herbs evenly.

In a small dish, combine mushroom soup, tomatoes, and wine. Toss to mix well. Add corn starch and stir into a suspension.**

Prepare a cookie sheet by lining with parchment paper.

On a cool surface, roll the puff pastry to double its size. Fold in half and roll again. Turn and roll the pastry again to double its size and then fold in half again. About *one inch* in from one of the long edges of the rolled pastry sheet spoon the roasted vegetable mixture so that it is distributed from one end of the pastry to the other. Spread the prepared roasted vegetable mixture across the pastry, *leaving one inch all the way around*. Turn the left and side margins toward the center. Press gently. Take the pastry edge nearest to you and roll it *tightly* over the fruit. Continue rolling until you have a tight roll. Moisten the edge and ends and secure. Place sealed-side-down on prepared baking sheet.

Allow the pastry to rise at room temperature for 30 minutes. Using a

Allow the pastry to rise at room temperature for 30 minutes. Using a very sharp knife, slash two or three diagonal, two-inch cuts across the top to allow for venting.

Brush with *melted* butter.

Preheat oven to 400 degrees F. while pastry is rising.

Bake in preheated 400 degree F. oven for about 35-40 minutes, or until pastry is puffed and golden. Using two spatulas, transfer the vegetable roll from baking sheet to a serving platter or onto a cutting board.



Using a sharp knife, slice to serve.***

Yields 6 slices

Notes: *Rosemary powder is a useful seasoning and is easily made. Just toss dried rosemary leaves into a spice or coffee grinder and grind until you are a fine powder. Store in tightly sealed jar away from light. Use sparingly; it is potent.

**The vegetable filling can be prepared early in the morning or even the day before, if necessary. Bring to room temperature before filling the *strudel*.

***Leftovers should not be covered while reheating. Combine some of the same mushroom soup you used to prepare the initial filling, a little red wine, a tablespoon of the canned, diced tomatoes, and perhaps a pinch of the combined herb seasoning. Heat and use as a sauce since the pastry will remain crisp when reheating but the filling may dry a bit.

If you need to double, bake two separate pastry rolls. It adds to the drama and you are less likely to have a transfer problem.

1/6 SERVING – PROTEIN = 5.4 g.; FAT = 16.8 g.; CARBOHYDRATE = 34.0 g.;
CALORIES = 306; CALORIES FROM FAT = 49%

A TINY CUSTARD PUMPKIN PIE IN CREAM CHEESE PIE CRUST

TPT - 1 hour and 26 minutes

. . . and so the day came when the custard pumpkin pie, which had been served in my family each Thanksgiving, was just too big for us. (See “A Worldwide Vegetarian Journey to Discover the Foods That Nourish America’s Immigrant Soul,” volume II, pp. 672-73.) Yes, I loved to have a slice the next morning for breakfast but there was leftover pie for days and days. We tried other desserts for a few years but then returned to the much loved pie.

CREAM CHEESE PIE CRUST:

1/4 cup low-fat cream cheese
1/4 cup whole wheat flour
1/4 cup unbleached white flour

1/4 cup cold butter—diced

Preheat oven to 400 degrees F. Prepare a **6-inch pie plate or fruit tart pan** by coating with non-stick lecithin spray coating.

In the work bowl of the food processor fitted with steel knife, combine cream cheese, whole wheat flour, and white flour. Process until mixture is of the consistency of corn meal.

Add diced butter and *pulse the food processor off and on* until the butter is integrated and a round ball of dough is formed. Remove dough. Wrap in plastic wrap and refrigerate for 1 hour.

Unwrap dough and place it in the pie plate. Gently knead the dough as you spread it to the sides of the pan and up the sides until the dough is about one-half inch over the edge of the pie plate. Turn excess under and crimp—pressing down slightly as you go to give a rather firm attachment and thus reduce shrinkage somewhat. If time permits, freeze prepared crust for about 15 minutes. This too helps reduce shrinkage.

PUMPKIN FILLING:

1 large egg yolk

1/2 cup *cannea* pumpkin—*unseasoned* and
*unsweetened***

1/4 cup firmly packed *light* brown sugar
1/3 teaspoon ground cinnamon
1/3 teaspoon ground ginger
Pinch ground cloves
Pinch ground nutmeg
1 teaspoon pure vanilla extract
1/2 cup evaporated *skimmmed* milk

1 medium egg white *or* 1 large egg white *minimum*
1 tablespoonful

Whipped heavy cream, for garnish**



Preheat oven to 350 degrees F.

In a mixing bowl, using a wire whisk, beat egg yolk until thick and lemon-colored. Add pumpkin purée, brown sugar, ground cinnamon, ginger, cloves, and nutmeg, and vanilla extract. Beat well. Add undiluted evaporated milk. Combine thoroughly.

Using an electric mixer fitted with *grease-free* beaters or by hand using a *grease-free* wire whisk, beat the egg white in a *grease-free* bowl until soft peaks form. *Whisk-fold* beaten egg white *gently*, but *thoroughly*, into pumpkin mixture.

Pour into prepared *unbaked* cream cheese pie crust.

Bake in preheated 350 degree F. oven for about 35-40 minutes, or until a knife inserted into the center comes out clean. (Note that the consistency will be softer than that of other pumpkin pies.)

Cool completely before serving. After cooling to room temperature, the pie may be refrigerated, if desired.

Garnish each serving with whipped heavy cream.

Yields 6 slices

Note: *Canned pumpkin is specified because it is a thicker, more flavorful purée. Cooked, puréed, and strained fresh pumpkin may be used but we recommend that you mix it half and half with cooked, puréed, and strained fresh Golden Nugget or Acorn squash.



canned pumpkin puree vs. fresh pumpkin purée

1/6 SERVING (without whipped cream) –
PROTEIN = 5.3 g.; FAT = 12.8 g.; CARBOHYDRATE = 21.0 g.;
CALORIES = 202; CALORIES FROM FAT = 57%





*As we continue celebrating the holidays perhaps some dessert ideas,
appropriate to menus featuring the entrees we have just explored,
might make your busy days more fun.
Do stop by,
Judy*

Please note that all food value calculations are approximate and not the result of chemical analysis.

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