



Light Pumpkin Pie

Servings: 6

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

- 1 9-inch pie crust, unbaked
- $\frac{1}{8}$ teaspoon cloves
- $\frac{2}{3}$ cup sugar
- 2 cups pumpkin (one 15-ounce can or fresh, cooked and mashed)
- $\frac{1}{2}$ teaspoon cinnamon
- 13-ounce can evaporated skim milk
- $\frac{1}{2}$ teaspoon ginger
- 3 egg whites
- $\frac{1}{2}$ teaspoon nutmeg

1. Wash hands and surfaces.
2. Preheat oven to 375 degrees F.
3. Place pie crust in pie pan and crimp edges.
4. Mix all ingredients well and pour into pie crust.
5. Bake 55 to 60 minutes until knife inserted in center comes out clean.
6. Cool before serving. Refrigerate leftovers immediately.



Nutrition Facts

servings per container

Serving size 1/6 of pie (215g)

Amount per serving

Calories **310**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 230mg **10%**

Total Carbohydrate 52g **19%**

Dietary Fiber 0g **0%**

Total Sugars 35g

Includes 22g Added Sugars **44%**

Protein 9g

Vitamin D 1mcg 6%

Calcium 221mg 15%

Iron 2mg 10%

Potassium 286mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Helpful Tips

- Pumpkin has fiber and is low in calories. The vitamin A in pumpkin may reduce the risk of heart disease and some cancers. Potassium, which helps maintain healthy blood pressure, is also found in pumpkin.
- If you are using fresh pumpkin, you can also use it as a side dish — mash with brown sugar and a little butter or mash it and spread on bread, then top with cinnamon and sugar.
- Cooked mashed sweet potatoes or butternut squash can be used in place of pumpkin.
- Go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org

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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance