

## FOOD SAFETY IN THE KITCHEN



# PUMPKIN PIE



An easy-to-prepare, food-safe version of a holiday classic.

**Prep Time:** 10 minutes **Cook Time:** 1 hour **Yields:** 9 servings  
**Serving size:** 1 wedge

## NUTRITION INFORMATION (per serving)

**Calories:** 177  
**Total Fat:** 8 g  
**Saturated Fat:** 1 g  
**Sodium:** 153 mg

## INGREDIENTS

### For the pie crust:

- 1 C quick-cooking oats
- ¼ C whole wheat flour
- ¼ C ground almonds
- 2 tbsp brown sugar
- ¼ tsp salt
- 3 tbsp vegetable oil
- 1 tbsp water

### For the pie filling:

- ¼ C packed brown sugar
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp salt
- 1 egg
- 4 tsp vanilla
- 1 C canned pumpkin
- ⅔ C fat-free evaporated milk

## DIRECTIONS

1. Preheat oven to 425 °F.
2. Wash hands for at least 20 seconds with soap under running water.
3. To make crust: mix oats, flour, almonds, sugar, and salt together in a small bowl.
4. In a separate bowl, fully mix the oil and water together with a fork or whisk.
5. Add the oil mixture to the dry ingredients, and mix well. If needed, add a small amount of water to hold the dough together.
6. Work the dough into a disk shape. On a washed and lightly floured cooking surface, roll dough into a 12-inch circle.
7. Press into a 9-inch pie pan and bake for 8-10 minutes, or until light brown. Wash hands after handling raw dough.
8. Turn down oven to 350 °F.
9. To make filling, mix sugar, cinnamon, nutmeg, and salt together in a bowl.
10. Crack egg into a separate bowl and beat. Add to the filling mixture, then wash hands.
11. Add vanilla and mix.
12. Wash lid of canned pumpkin with soap and water before opening. Then, add pumpkin and milk, and stir to combine.
13. Pour into prepared pie shell. Bake for 45 minutes or until a knife inserted near the center comes out clean.
14. Within 2 hours, place leftovers in a sealed container or wrap them in plastic wrap or aluminum foil. Chill in a refrigerator set to 40 °F or below (as indicated by an appliance thermometer) or freeze at 0 °F or below.

**Food Safety Reminder:** Raw eggs and raw flour are never safe to eat. Cook dough and batter thoroughly, and wash hands after touching eggs or flour.

Recipe adapted from National Heart, Lung, and Blood Institute Deliciously Healthy Eating Recipes and available at: <https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?cId=0&rId=195>

March 2018