

Berry-Topped Pudding Pie in Meringue-Nut Crust

Recipe courtesy Alton Brown

Serves 8; 1 slice per serving

Ingredients

Canola or corn oil for pie pan
2 large egg whites
1/2 teaspoon vanilla extract
1/8 teaspoon cream of tartar
1/8 teaspoon salt
1/2 cup sugar
3/4 cup walnuts or pecans, finely chopped
1 small package fat-free, sugar-free instant lemon or vanilla pudding mix, prepared with 2 cups cold fat-free milk
12 ounces fresh berries or other fruit, sliced if needed
1/2 cup fat-free frozen whipped topping, thawed (optional)

Directions

Preheat the oven to 300°F. Pour a small amount of oil onto a paper towel and lightly wipe the bottom and side of an 8- or 9-inch pie pan.

In a large mixing bowl, using an electric mixer, beat the egg whites, vanilla, cream of tartar, and salt on medium speed until foamy. With the mixer still running, gradually add the sugar in a slow steady stream, until stiff peaks form. (The peaks shouldn't fold over when the beater is lifted.) Very gently fold in 1/2 cup of the nuts.

Using a flexible spatula or rubber scraper, spread the meringue over the bottom and up the side of the pie pan and onto the lip of the pan, but not over the edge of the pan. Sprinkle the bottom the pan with the remaining nuts.

Bake for 50 minutes, or until the meringue is firm and lightly browned. Transfer to a cooling rack and let cool completely, at least 2 hours.

Using the package directions, prepare the pudding. Spread over the cooled crust. Arrange the fruit decoratively over the pudding. Top with the whipped topping.

Note: In warm weather, meringues will get gummy after a few days, so it's best to serve this dessert within 24 hours.

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Nutrition Analysis (per serving)	
Calories	169
Total Fat	6.5 g
Saturated Fat	0.5 g
Polyunsaturated Fat	4.5 g
Monounsaturated Fat	1.0 g
Trans Fat	0.0 g
Cholesterol	1 mg
Sodium	223 mg
Carbohydrates	25 g
Sugar	18 g
Fiber	3 g
Protein	5 g
Dietary Exchanges: 1/2 fruit, 1 other carbohydrate, 1 1/2 fat	