



Pumpkin Custard

shared by:
Fire Station 62
3608 SW 209th Ave., Aloha



This holiday season, you don't have to give up pumpkin pie just because you're eating healthier. This diabetes-friendly and heart-healthy pumpkin custard comes amazingly close to the real thing with just a trace of fat. The carb content can be reduced by using less sugar or a sugar substitute. Serve this custard with some light whipped topping.

Ingredients

3 egg whites, lightly beaten
2/3 cup sugar or 2/3 cup Splenda granulated sweetener or 1/3 cup Splenda sugar blend
1 teaspoon ground cinnamon
1/2 teaspoon salt
1/2 teaspoon ground ginger
1/4 teaspoon ground nutmeg
Dash ground cloves
1 can (15 ounces) solid-pack pumpkin
1 teaspoon vanilla extract
1 can (12 ounces) fat-free evaporated milk

Directions

In a large mixing bowl, beat the egg whites, sugar, cinnamon, salt, ginger, nutmeg, and cloves. Add pumpkin and vanilla; mix well. Gradually beat in milk. Pour into eight ungreased 6-oz. custard cups. Place the cups in a rectangular baking pan; add 1 inch of water to pan. Bake at 325 degrees for 35-40 minutes or until a knife inserted near the center comes out clean. Serve warm or chill.

Nutritional Value Per Serving (When made with sugar)

Serves 8 | 125 calories per serving | Trace fat | 220 mg sodium | 26 g carbohydrate | 2 g fiber | 5 g protein

*Originally published as Rich Pumpkin Custard in Light & Tasty October 2005, p. 53

Station 62 serves Aloha, portions of eastern Hillsboro, and unincorporated Washington County, with a diverse demographic picture, including single and multi-family dwellings, hi-tech, industrial, and commercial occupancies. Station 62 also has a company of active volunteers who staff an additional fire engine, a wildland brush unit, and a water tender on an on-call basis.