

Pumpkin Pie

This comes from Chronicle recipe editor Fran Irwin, who says her mother made it every Thanksgiving and Christmas.

INGREDIENTS:

- 1½ cups pumpkin puree (freshly cooked or canned), see Note
 - ¾ cup sugar
 - ½ teaspoon salt
 - ¾ teaspoon ground ginger
 - ¼ teaspoon ground cloves
 - 1¼ teaspoons cinnamon
 - 3 eggs, lightly beaten
 - ¾ cup evaporated milk (one 6-ounce can)
 - 1 cup whole milk
 - ½ teaspoon vanilla
 - A 9- or 10-inch unbaked piecrust (see recipe)
 - Whipped cream (optional)
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INSTRUCTIONS: Preheat oven to 450°.

Combine pumpkin, sugar, salt

and spices in a large bowl; blend well. Add eggs, both milks and vanilla. Mix thoroughly. Pour into piecrust.

Bake for 10 minutes, then reduce oven temperature to 325° and bake for 50 to 60 minutes longer, until a knife inserted in the center of the pie comes out clean.

Serve at room temperature. If desired, garnish each wedge with lightly sweetened whipped cream.

Serves 8 to 10

Note: 1½ cups pumpkin equals about three-quarters of a 1-pound can of pumpkin puree.

PER SERVING: 290 calories, 6 g protein, 36 g carbohydrate, 14 g fat (6 g saturated), 86 mg cholesterol, 275 mg sodium, 1 g fiber.