

Pumpkin Praline Custards

From *Cooking Light Magazine*, 2001



Servings: 6

This custard - or almost a pumpkin pie filling - is really, really good. And it's surprisingly very low in fat too. It's hard to believe it has so few fat grams! And the best part is that you can whip this up in such a short time. If you have the pralines on hand (or even candied walnuts would be fine too) it's a snap to make this. If there is any leftover batter, just pour it into another larger dish and bake a little longer than the cups.

CUSTARD:

- 1 1/2 cups 1% low-fat milk, or vanilla soy milk
- 3/4 cup canned pumpkin
- 2/3 cup sugar
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg, freshly ground
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon salt
- 2 large eggs
- 2 large egg whites

PRALINES:

- 1/4 cup sugar
- 2 tablespoons water
- 1/4 cup chopped pecans

Serving Ideas: If you don't have time to make the praline, you could also serve the custard with a thin film of heavy cream.

1. Preheat oven to 325°. To prepare custards, combine the first nine ingredients in a large bowl and stir well with a whisk, or combine in a blender. Divide the mixture among six 6-ounce custard cups coated with cooking spray. Place the cups in a 9x13 pan, add hot water to a depth of one inch. Bake for 50 minutes, or until a knife inserted in the center comes out clean. Remove cups from the water bath and cool completely on a wire rack. Cover and chill.

2. To prepare the praline: combine the sugar and water in a small skillet (nonstick is preferable). Cook over medium heat for about 4 minutes, or until the mixture has turned a golden brown color, stirring occasionally. Remove from the heat and add the chopped pecans and stir to coat them. Then, QUICKLY scrape the mixture out onto a baking sheet that's been coated with cooking spray, spreading out as thinly as possible to cool completely. Break up the pralines into small pieces and use about 1 tablespoon on top of each serving.

Per Serving (excluding unknown items): 221 Calories; 6g Fat (23.1% calories from fat); 6g Protein; 38g Carbohydrate; 2g Dietary Fiber; 73mg Cholesterol; 163mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 1 Fat; 2 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>