

NUTRITION NEWS

Pecan Pie: A Powerhouse Of Antioxidants

(NAPSA)—Pecan pie is a perennial favorite, but what many people may not know is that tasty pecans also make it a great source of antioxidants.

“Pecans are the highest antioxidant nut, which makes them a nutritional powerhouse,” says registered dietitian and nutritionist Tara Gidus, who runs the Diet Diva site at www.dietdiva.net. “They work well in sweet or savory recipes but I especially love them to top my oatmeal or in a lightened-up version of pecan pie.”

A one-ounce serving of Georgia pecans contains over 19 vitamins and minerals including vitamin A, vitamin E, calcium, potassium and zinc. Pecans are also a good source of oleic acid, vitamin B1, thiamine, magnesium and protein.

“Pecan pie always pops up as a favorite, but this simple, light, six-ingredient recipe will quickly win your heart with a showstopping honey pecan topping,” says Holly Clegg, author of six cookbooks. Here’s her recipe:

Light Georgia Pecan Pie with Honey Pecan Topping

Makes 8 - 10 servings

- 2 eggs
- ¼ cup sugar
- 1 cup light corn syrup
- 2 tablespoons all-purpose flour
- 1 tablespoon vanilla extract
- 1 cup chopped pecans
- 1 (9-inch) unbaked pie shell or prepared rolled pie dough (formed into a 9-inch pie pan)

1. Preheat oven to 375°F.
2. In mixing bowl, beat together eggs, sugar, corn syrup, flour and vanilla until creamy. Stir in pecans.



Georgia pecans are highlighted in this picture-perfect dessert with a rich chopped pecan filling and a crunch topping.

3. Pour into pie shell, bake 40-50 minutes or until pie is set.

Honey Crunch Topping

- 3 tablespoons light brown sugar
- 1 tablespoon butter
- 3 tablespoons honey
- 1 cup pecan halves

1. In small pot, combine brown sugar, butter and honey.
2. Cook over low heat until ingredients come to a boil, stirring. Stir in pecans. Remove from heat.
3. During last 5 minutes of baking, remove pie from oven, spread topping evenly over top. Return to oven, broil until topping is bubbly and golden brown. Watch carefully.

Terrific Tidbit: The pie may be made without the topping for an even more lightened version. For more information and recipes, visit GeorgiaPecansFit.org.