

Whole Wheat Pie Crust

(Makes 6 servings - one 9-inch pie crust or 10-inch tart shell)

We wanted a healthier pie crust that the ones we were used to, which are laden with saturated fats. The crust takes only a few minutes to mix together and roll out.

Ingredients:

- $\frac{3}{4}$ cup unbleached all-purpose flour, plus more for dusting
- $\frac{1}{2}$ cup whole wheat pastry flour
- $\frac{1}{8}$ teaspoon salt
- 5 tablespoon trans-free vegetable shortening

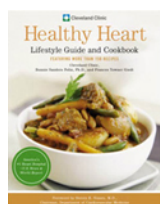
Directions:

- 1) In a mixing bowl, combine the white and whole wheat flours and the salt.
- 2) Add the shortening and with a pastry blender cut the fat into the flour. You can also quickly use your fingers to break up the shortening and form a coarse.
- 3) Sprinkle with ice water, 1 tablespoon at a time, and mix with a fork until moist dough forms. You'll use 5 to 6 tablespoons water.
- 4) For a filled crust: Roll the dough into an 1/8-inch-thick round on a floured piece of wax paper or a pastry cloth. Roll the dough onto a rolling pin and then unroll it onto the pie pan. Cut off the excess, leaving an inch to fold under. Crimp the edge with the tines of a fork. Freeze for 10 minutes before baking.
- 5) For a baked crust: Prepare the dough as for a filled crust. Prick the sides and bottom with a fork and bake in a 450°F oven for 10 to 12 minutes, or until lightly browned.

Nutritional Analysis: (per serving / crust only)

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| ▪ Calories: 170 calories (53% calories from fat) | ▪ Dietary Fiber: 2 g |
| ▪ Total Fat: 10 g | ▪ Cholesterol: 0 mg |
| ▪ Saturated Fat: 2.5 g | ▪ Sodium: 50 mg |
| ▪ Protein: 3 g | ▪ Potassium: 40 mg |
| ▪ Carbohydrates: 18 g | |

Source:



This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).

The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.