Healthy Recipe of the Month - August 2008

Fresh Peach Pie (serves 8)

I first had this dessert at my mother-in-law's home, many years ago. It has remained a favorite for my family, because it's easy to prepare, and takes advantage of the juicy sweet peaches of summer. Send me an email and let me know if you liked it!

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Ingredients

- 3 egg whites
- 1 cup sugar
- ½ tsp baking powder
- 10 crushed saltine crackers
- ½ cup chopped pecans
- 4-5 large ripe peaches, cut into bite-size pieces
- whipped cream, if desired

Grease a 10 inch pie pan, and set aside. Preheat oven to 300°. Whip egg whites until very frothy, then add the baking powder. Gradually beat in the sugar, a tablespoon at a time, until a firm meringue is formed. Fold in the crushed saltines and pecans. Pour into the pie pan, distributing the batter evenly to form
a crust. Bake at 300° for 30 minutes or until lightly golden. When cool, fill with peaches (or fresh strawberries). Top with whipped cream if desired.

This makes an elegant dessert that serves 8. If you won't be using the whole pie, cut the crust and place on plates. Top with fruit. The remaining crust can then be used at a later date, and will remain crispy.

**Nutrient Analysis per serving, without whipped cream (serves 8)**

- 175 calories
- 3 g. protein
- 2 g. dietary fiber