



HEALTHY MAKEOVER

# Key Lime Pie

At the turn of the 20th century, when this South Florida treat was created, refrigeration wasn't common in the Keys. The ingredient-to-the-rescue then: canned sweetened condensed milk. Today, its fat-free offspring rules, and we've used it—plus creamy nonfat yogurt—in place of egg yolks to save you 10 grams of fat per serving, and slice the cholesterol from 85 to 6 milligrams per wedge.

**Total time** 20 minutes plus chilling  
**Makes** 10 servings

- 1/4 c. low-fat graham cracker crumbs
- 4 Tbsp. trans-fat free vegetable oil spread (60% to 70% oil)
- 1 Tbsp. sugar
- 1/8 tsp. salt
- 1/3 c. cold water
- 1 env. unflavored gelatin
- 20 to 22 Key limes or 4 to 5 regular limes
- 1 can (14 oz.) fat-free sweetened condensed milk
- 1 1/2 c. plain fat-free yogurt

1. Preheat oven to 375°F. In 9-inch glass pie plate, mix crumbs with spread, sugar, and salt to moisten. With hand, press onto bottom

and up sides of pie plate. Bake 10 to 12 minutes, until golden. Cool until ready to fill.

2. Meanwhile, to 1-quart saucepan, add water; sprinkle with gelatin. Let stand 2 minutes to soften. Cook on low to dissolve, stirring. Remove from heat.

3. From limes, grate 2 teaspoons peel and squeeze 1/2 cup juice; if using Key limes, do not use grated peel—it will make filling taste bitter. In bowl, whisk lime peel and juice, milk, and yogurt. Whisk in gelatin mixture.

4. Spoon filling into crust. Cover; refrigerate at least 2 hours to set.

**EACH SERVING** About 235 calories, 7 g protein, 42 g carbohydrate, 5 g total fat (1 g saturated), 0 g fiber, 6 mg cholesterol, 185 mg sodium.