

Pumpkin Custard

1 can, 16 oz., pumpkin
1/2 cup prunes, pitted and finely chopped
1/4 cup frozen apple juice concentrate, thawed
1/4 cup frozen orange juice concentrate, thawed
2 tsp. margarine, reduced calorie
1 cup evaporated skim milk
1/2 cup fat-free egg substitute
1 Tbsp. grated orange peel
2 tsp. pumpkin-pie spice
8 Jack-Be-Little pumpkins (3 1/2 inches in diameter)

1. In a medium saucepan, stir together the pumpkin, prunes, apple, orange juice concentrate and margarine.
2. Simmer uncovered for 15 minutes, stirring frequently.
3. Transfer to a food processor and add milk, egg substitute, orange peel and spice. Process until smooth.
4. Cut off the tops of each pumpkin about 1 inch down. Scoop out the seeds. Place the shells in a 13" X 9" baking dish.
5. Bake at 350 degrees F for about 30 minutes or until the flesh is tender but the shells are not in danger of collapsing.
6. Spoon the custard mixture into the shells.
7. Bake at 350 degrees for about 30 minutes or until a knife inserted near the center of custard comes out clean.

Serves 6.
Calories 106,
Fat 0.9 g,
Fiber 1.9 g,
Cholesterol 1 mg,
Sodium 74 mg