

EASTER PIE

Number of Servings: 10

PointsPlus[®] value: 8

Ingredients:

- ½ cup pearl barley
- 3 cups water
- 1 cup + 1 tablespoon sugar
- ¼ cup finely chopped candied orange peel
- 2 prepared pie crusts
- 1 (15ounce) container nonfat ricotta cheese
- 2 eggs
- ¼ teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1½ tablespoons sambuca liqueur

1. Combine the barley and 2 cups of the water. Cover and soak at least 8 and up to 24 hours.

2. Transfer the barley to a strainer and rinse under cold water. Put in a nonstick saucepan, add the remaining 1 cup of water, and bring to a boil. Reduce the heat and simmer, covered, until all the water is absorbed, 30 to 40 minutes. Add 1 tablespoon of the sugar and the candied orange peel. Remove from the heat and let cool.

3. Preheat the oven to 350°F. Fit 1 pie crust in to a 9inch glass pie plate and pat it into place. Cut the second crust into eight 1inch strips.

4. With an electric mixer at high speed, cream the ricotta and the remaining cup of sugar. Beat in the eggs, 1 at a time, then the cinnamon, vanilla, and sambuca. Stir in the barley mixture. Pour into the pie crust and lay 4 of the pie crust strips on top in each direction to create a crosshatch. Bake until the bottom crust is golden brown, about 1 hour. Cool in the pan on a rack. ,

Per serving: 304 Calories, 9 g Total Fat, 1 g Saturated Fat, 43 mg Cholesterol, 183 mg Sodium, 46 g Total Carbohydrate, 2g Dietary Fiber, 10 g Protein, 60 mg Calcium.

Recipe reprinted from *Weight Watchers Simply The Best Italian'* 1999 by Weight Watchers International, Inc., thorough an arrangement with Macmillan Books, USA.