

# Strawberry-Rhubarb Pie

## Ingredients:

- 1 1/4 cups flour, whole-wheat
- 1 1/8 cups flour, all-purpose, reserved
- 1/2 teaspoon salt
- 4 tablespoons butter, unsalted, cold
- 1/4 cup sour cream, reduced-fat
- 3 tablespoons canola oil
- 4 tablespoons ice water
- 1 large egg white, beaten
- 4 cups or 1 1/4 pounds strawberries, fresh or frozen, sliced
- 1 cup rhubarb, fresh or frozen, sliced
- 2/3 cup sugar
- 1 tablespoon lemon juice
- Pinch of nutmeg
- 2 1/2 tablespoons instant tapioca

## Directions

### Pie crust:

1. Whisk whole-wheat flour, 1 1/4 cup all-purpose flour, sugar, and salt in a large bowl.
2. Cut butter into small pieces and quickly rub them into the dry ingredients until smaller but still visible.
3. Add sour cream and oil; toss with a fork to combine with dry ingredients.
4. Sprinkle water over mixture. Toss with a fork until evenly moist.
5. Knead dough in the bowl; mixture will be a little crumbly. Turn out onto a clean surface and knead until dough just holds together.
6. Divide dough in half and shape into 5-inch wide disks. Wrap each in plastic and refrigerate for at least 1 hour.

### Filling:

7. Process tapioca in a spice grinder, mini food processor, or blender until finely ground.
8. Mix with strawberries, rhubarb, sugar, lemon juice, nutmeg, and salt in a large bowl.
9. Position rack in center of oven and place foil-lined baking sheet on rack below; preheat to 425°F.

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## Nutrition Facts

Serving Size (142g)  
Servings Per Container 10

Amount Per Serving

**Calories 260**      **Calories from Fat 90**

**% Daily Value\***

**Total Fat 10g**      **15%**

**Saturated Fat 3.5g**      **18%**

**Trans Fat 0g**

**Cholesterol 10mg**      **3%**

**Sodium 110mg**      **5%**

**Total Carbohydrate 42g**      **14%**

**Dietary Fiber 3g**      **12%**

**Sugars 19g**

**Protein 3g**

**Vitamin A 4%**      • **Vitamin C 60%**

**Calcium 4%**      • **Iron 4%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



### Assemble Pie:

10. Remove the dough from refrigerator; let stand for 5 minutes to warm slightly.
11. Roll one portion into 12-inch circle between sheets of parchment or wax paper. Peel off top sheet and invert dough into a 9-inch pie pan. Peel off remaining paper.
12. Moisten outer edge of dough with water. Scrape filling and any accumulated juices into crust.
13. Roll remaining dough into 12-inch circle between sheets of parchment or wax paper. Peel off top sheet.
14. Cut dough into 1-inch strips using pastry wheel or knife. Lift off every other strip and lay on top of the pie, leaving about 1-inch gap between strips. Use shorter strips for edges and longer ones for middle of pie. (May not need to use outermost strips). Fold back first, third, and fifth strips of dough to edge of pie. Place a shorter strip of dough across second and fourth strips, about 1-inch from edge. Unfold folded strips over crosswise strip. Fold back second and fourth strips over first crosswise strip. Place another strip crosswise, about 1-inch from the first. Unfold strips over second crosswise strip. Continue folding back alternating strips and placing crosswise strips until top is covered with woven strips. Trim any overhanging crust. Crimp outer edge with a fork. Brush dough with egg white; sprinkle 1 teaspoon sugar (if using) over lattice top, not outer edge.
15. Bake pie for 20 minutes. Rotate pie 180° and lower the oven temperature to 325°F. Bake until crust is golden and filling is beginning to bubble, 30 — 35 minutes more. Let cool on a wire rack for at least 2 hours before serving.

Make Ahead Tip: Refrigerate dough for up to 2 days or freeze for up to 6 months.

