

Vidalia Onion Bacon Pie

Relish Magazine

Servings: 8

CRUST

cooking spray
1/2 cup cornmeal
1/2 cup all-purpose flour
1 teaspoon baking powder
1/2 teaspoon salt
1 egg

2 tablespoons butter
2 tablespoons ice water

FILLING

1 tablespoon butter
3 medium Vidalia or sweet onions, slivered
2 eggs
1/2 cup half-and-half, fat free
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 cup (4 oz) white Cheddar cheese, shredded
1/2 cup fresh or frozen corn kernels
4 slices thick, smoky-style bacon, cooked and chopped

Preheat oven to 350 degrees.

Coat a 9-inch, deep-dish pie plate with cooking oil.

Place cornmeal and flour in the bowl of a food processor fitted with a pastry cutter blade; pulse to combine. Add egg and butter; pulse until mixed.

Add water, one tablespoon at a time, until a dough ball forms. This will form a sticky mass of dough. Press into pie pan. If the dough is too sticky, add a little cornmeal.

To prepare filling, melt butter in a large skillet over medium-high heat. Add onions and saute' 30 minutes, stirring occasionally, until lightly browned. Drain if necessary.

Combine eggs, half-and-half, salt and pepper in a bowl. Whisk well. On bottom of pie, sprinkle half the shredded cheese. Top with corn kernels, onions and bacon. Pour egg mixture over top. Top with remaining cheese and freshly ground black pepper.

Bake 40 minutes, until top is set and browned.

Per Serving (excluding unknown items): 136 Calories; 6g Fat (43.8% calories from fat); 4g Protein; 14g Carbohydrate; 1g Dietary Fiber; 91mg Cholesterol; 413mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.