

Lemon Dessert

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Servings: 9

*1 cup sugar
3 tablespoons cornstarch
1 cup boiling water
juice of one lemon
rind of one lemon
1 package vanilla wafers
2 eggs, separated
1 tablespoon butter
1/2 cup walnuts
2 bananas, sliced
3 tablespoons powdered sugar
1/4 teaspoon cream of tartar*

In a bowl, mix the cornstarch and sugar.

Add water and cook until clear. Add beaten egg yolks mixed with lemon juice, lemon rind and butter. Cook slowly for a few minutes. Cool. Add the walnuts.

Butter a nine-inch square cake pan. Line with vanilla wafers. Top with sliced banana. Repeat the wafer and banana layers. Pour lemon custard over all.

In a bowl, beat together the egg whites, powdered sugar and cream of tartar to make a meringue. Spoon over the custard.

Brown in a 325 degree oven.

Per Serving (excluding unknown items): 203 Calories; 7g Fat (27.9% calories from fat); 3g Protein; 35g Carbohydrate; 1g Dietary Fiber; 51mg Cholesterol; 32mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 1 Fat; 1 1/2 Other Carbohydrates.