

Tasty Recipes for You to Try



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Whole Wheat Pastry

Makes 2 pie crusts or 1 double pie crust

Shared by: Liz Gist

Ingredients:

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|---------------------------|---------------------------------------|
| 1 C. whole wheat flour | 5-7 Tbsp. of ice cold water |
| 1 C. all-purpose flour | 1/4 C. ground pecans |
| 1 tsp. salt | 1/4 C. ground flax or sunflower seeds |
| 2/3 C. Crisco® shortening | |

Directions:

1. Prepare ice water and place in refrigerator until ready to use.
2. Sift together whole wheat flour, plain flour and salt.
3. Divide shortening in half. Using a pastry blender, cut 1/2 of shortening into the flour and salt mixture, then cut in second half until it resembles the size of small peas.
4. Sprinkle 1 tablespoon ice cold water over dry part of flour mixture and mix gently with a fork. Push to one side and sprinkle next tablespoon water over dry part and push aside. Repeat till all is moistened.
5. Gather up with fingers using a light touch to form into ball. Divide ball for your needs. Flatten ball slightly on a floured surface and roll to 1/8 inch thick. Place in pie pan. Prick with a fork to eliminate puffing.
6. Sprinkle 1/4 cup pecans and 1/4 cup ground flax or sunflower seeds in bottom of completed crust. Lightly press nuts and seeds into crust.
7. Bake in very hot oven (450 degrees) until golden- 10-12 minutes for pre-bake crust. If filling and crust are to be baked together, do not prick.