

French Lemon Tart

8 servings

It's hard to believe that something that tastes this good is so easy to make. This is a lightened-up version of the traditional French tart au citron with its thin, intense-flavored filling. I usually make the crust in a flan pan or quiche pan.

Cooking Tip

If your pie plate is shallow, omit the orange juice. This amount of filling fits best into a flan pan or deeper dish pie plate.

3	Eggs
2	egg whites
3/4 cup	granulated sugar
	Grated rind of 2 medium lemons
1/2 cup	fresh lemon juice
1/4 cup	fresh orange juice 50 ml
1	baked 9-inch (23 cm) pie shell (See separate recipe for Easy, No-Roll Food Processor Pastry)
2 tsp	icing sugar 10 ml

1. In bowl, using electric mixer, beat eggs, egg whites and sugar for 4 minutes or until thick and creamy.
2. Beat in lemon rind. Beating constantly, slowly drizzle in lemon juice and orange juice.
3. Pour into baked pie shell. Place on baking sheet.
4. Bake in 350°F (180°C) oven for 25 to 30 minutes or until filling is slightly puffed, browned on top and barely set (may still wobble slightly in center). Let cool completely.
5. Just before serving, sift icing sugar over top. *Makes 8 servings.*

Per serving:
calories 249
protein 5 g
total fat 8 g
saturated fat 4 g
cholesterol 96 mg
carbohydrate 40 g
dietary fiber 1 g
sodium 97 mg

Make ahead through step 2, cover and refrigerate for up to 8 hours.