

Berry Parfait with Lemon Curd Dip

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Ingredients

Parfait

- 3 medium or 2 large fresh peaches with skin, seed removed, sliced
- 2/3 cup low-fat milk
- 1/2 cup low-fat plain yogurt
- 2 tsp honey
- 3/4 tsp vanilla extract
- 2 Tbsp nonfat dry milk powder

Lemon Curd Dip

- 3 medium or 2 large fresh peaches with skin, seed removed, sliced
- 2/3 cup low-fat milk
- 1/2 cup low-fat plain yogurt
- 2 tsp honey
- 3/4 tsp vanilla extract
- 2 Tbsp nonfat dry milk powder

Instructions

Lemon Curd Dip

1. In heavy, medium saucepan, whisk to combine egg yolks, sugar and lemon juice. Over medium-low heat, cook while whisking constantly until mixture looks silky and lightly coats a wooden spoon. When you run a finger down back of spoon, it should leave a clear line. This takes up to 10 minutes. If mixture starts to steam, reduce heat.
2. Off heat, add cold butter and whisk rapidly until combined. Scoop lemon curd into bowl or serving bowl and let stand until room temperature.
3. Cover lemon curd with plastic wrap, pressing against surface, and refrigerate curd for at least 12 and preferably 24 hours. It will thicken as it chills. Lemon Curd keeps for 4 days, tightly covered in refrigerator.
4. To serve, set bowl of chilled lemon curd on large plate and surround it with strawberries.

Berry Parfait

1. In a parfait glass, layer 1 tablespoon Greek yogurt, 1 tablespoon berries, 1½ tablespoon lemon curd dip. Repeat layers with 2 tablespoon yogurt, 1½ tablespoon berries, 1½ tablespoon lemon curd. Top with 1 tablespoon yogurt, remaining blueberries and whole strawberry.

Makes 1 serving

Nutritional information per serving

Calories: 210

Fat: 6 g

Saturated fat: 3.5 g

Carbohydrates

Protein: 7 g

Fiber: 2 g

Sodium: 25 mg

Curd Dip (alone)—makes 6 servings (3 Tbsp. per serving)

Calories: 152

Fat: 6 g

Saturated fat: 6 g

Carbohydrates: 24 g

Protein: 18 g

Fiber: 0 g

Sodium: 5 mg