

May 1979

36 g fat



Cheesecakes to please
everyone...
super-rich to calorie-modest

Today 10 g fat

The makeover Egg whites
replace half the original whole
eggs; a graham cracker crust
stands in for pie dough, low-fat
cottage cheese for cream
cheese, and Greek yogurt for
sour cream.

Luscious but low-fat cheesecake

SERVES 16 **TIME** 2½ hours, plus at least
4 hours to chill

- 1 cup graham cracker crumbs
- 2 tbsp. butter, melted
- 2 cups plus 2 tbsp. sugar, divided
- 1 container (32 oz.) low-fat cottage cheese
- 2 packages (8 oz. each) neufchâtel cheese
- 1/4 cup flour
- 1 tsp. each vanilla extract and finely shredded
lemon zest
- 1/4 tsp. salt
- 3 large eggs
- 3 large egg whites
- 1 cup low-fat (1%) Greek yogurt

1. Preheat oven to 325°. In a small bowl, combine graham cracker crumbs, butter, and 1 tbsp. sugar. Press into the bottom of a 9-in. springform pan. Bake until golden brown, about 10 minutes.

2. Meanwhile, drain cottage cheese in a strainer 15 minutes. Whirl cottage cheese in a food processor until smooth. Add neufchâtel and 2 cups sugar and blend until no lumps remain. Then add flour, vanilla, lemon zest, salt, eggs, and egg whites and blend until mixture is smooth, scraping inside of bowl as needed. Pour into prepared pan.

3. Bake until edges are puffed slightly and center barely jiggles when pan is shaken gently, about 1½ hours. Turn off oven, leave door slightly ajar, and let cheesecake sit in oven another 30 minutes.

4. Mix together yogurt and remaining 1 tbsp. sugar. Put cheesecake on a cooling rack. Carefully spread yogurt-sugar mixture over top of cheesecake and let cool completely. Chill, covered with foil, at least 4 hours. Run a thin knife around the outside of the cheesecake to loosen, remove side of pan, and slice cheesecake with a hot knife.

PER SERVING 281 CAL., 33% (93 CAL.) FROM FAT;
12 G PROTEIN; 10 G FAT (5.6 G SAT.); 37 G CARBO
(0.2 G FIBER); 393 MG SODIUM; 70 MG CHOL. ■

