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Pack the Perfect Picnic

Summer has officially kicked off and what better way to start it than with a cool parfait, bursting with bright berries. Greek yogurt is strained to remove the whey, leaving it very thick and rich in texture. It also packs nearly 3 times as much protein as regular yogurt. Fresh strawberries, raspberries and blueberries should be hitting markets now and add cancer-fighting phytochemicals to the dish.

Berry Parfait with Lemon Curd Dip

1/4 cup nonfat Greek yogurt, divided
1/4 cup berries in season, divided
3 Tbsp Lemon Curd Dip, divide
1 whole strawberry with nice leaves

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.

Serves 1

Per serving: 210 calories, 6 g fat (3.5 g sat fat), 29 g carbohydrates, 7 g protein, 2 g fiber 25 mg sodium.

Lemon Curd Dip

3 large egg yolks
2/3 cup sugar
1/2 cup fresh lemon juice
2 tablespoons unsalted butter, thinly sliced and chilled
Whole strawberries, with hulls

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.

Off heat, add cold butter and whisk rapidly until combined. Scoop lemon curd into bowl or serving bowl and let stand until room temperature.

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.

To serve, set bowl of chilled lemon curd on large plate and surround it with strawberries.

Serves 6. Per serving: About 3 Tbsp.

Per serving: 152 calories, 6 g fat (3 g sat fat), 24 g carbohydrates, 18 g protein, 0 g fiber 5 mg sodium.