



Strawberries with Orange-Ricotta Cream

Prepare the orange-ricotta cream early in the day; it is best served very cold over ripe strawberries. You'll have a half-cup of the cheese mixture left over. Store it in an airtight container in the refrigerator for up to one week. Recipe compliments of *Cooking Light*.

½ cup part-skim ricotta cheese
½ cup vanilla low-fat yogurt
1 T sugar
½ tsp. grated orange rind
½ tsp. vanilla extract
1 cup quartered strawberries
2 cups whole strawberries (optional)

- Combine the first 5 ingredients in a blender; process until smooth
- Spoon cheese mixture into a small bowl; cover and chill for 3 hours
- Spoon ½ cup quartered strawberries into each of 2 small bowls, and top each with 2 tablespoons cheese mixture.
- Garnish each serving with a whole strawberry, if desired.
- Makes 2 servings

www.cce.cornell.edu/monroe
585 461-1000



Strawberries with Orange Ricotta Cream

Prepare the orange-ricotta cream early in the day; it is best served very cold over ripe strawberries. You'll have a half-cup of the cheese mixture left over. Store it in an airtight container in the refrigerator for up to one week. Recipe compliments of *Cooking Light*.

½ cup part-skim ricotta cream
½ cup vanilla low-fat yogurt
1 T sugar
½ tsp. grated orange rind
½ tsp. vanilla extract
1 cup quartered strawberries
2 cups whole strawberries (optional)

- Combine the first five ingredients in a blender; process until smooth.
- Spoon cheese mixture into a small bowl; cover and chill for three hours.
- Spoon ½ cup quartered strawberries into each of 2 small bowls, and top each with 2 tablespoons cheese mixture.
- Garnish each serving with a whole strawberry, if desired.
- Makes 2 servings

www.cce.cornell.edu/monroe
585 461-1000

