

Lemon Curd Mousse with Fresh Berries and Toasted Coconut

(Makes 6 servings)

Ingredients:

- 2 teaspoons water
- ½ teaspoon unflavored gelatin
- Generous 1/3 cup Splenda Blend sugar substitute
- 2/3 cup fresh lemon juice (from about 2 ½ lemons)
- 2 teaspoons freshly grated lemon zest (from about 2 lemons)
- 1 tablespoon unsalted butter
- 1 large egg
- 2 large egg whites
- 1 cup sweetened flaked coconut
- 1/8 cup Splenda Blend brown sugar substitute
- 1 ½ cups frozen low fat whipped topping, placed in refrigerator to soften
- 2 6-ounce baskets fresh blueberries, raspberries, blackberries or a combination

Directions:

Make curd:

- 1) Place 2 teaspoons water in small bowl; sprinkle gelatin over.
- 2) Let stand 10 minutes while you proceed with the recipe.
- 3) Whisk sugar substitute, lemon juice, zest, and butter in heavy medium saucepan to blend.
- 4) Cook, stirring constantly with a whisk, over medium heat until sugar dissolves.
- 5) Add blended egg and egg whites to same saucepan and cook over low heat, whisking constantly until mixture thickens and just begins to bubble at edges.
- 6) Do not allow the mixture to boil or the curd will “scramble”. Remove from heat and pour through a fine sieve into a bowl to discard any solids.
- 7) Add gelatin mixture; stir to dissolve.
- 8) Press plastic wrap directly onto surface to avoid a “skin” forming. Chill until cold. (Can be made 3 days ahead. Keep chilled.)

Make toasted coconut:

- 1) Preheat oven to 350°F.
- 2) Spread coconut on baking sheet. Sprinkle brown sugar substitute over.
- 3) Bake until coconut is golden, stirring occasionally, about 10 minutes. Cool.

Lighten the curd:

- 1) Blend up to 1 cup whipped topping into the curd to create a lemon curd mousse.
- 2) Layer 3 tablespoons berries, 3 tablespoons mousse, 1 tablespoon coconut mixture and 3 tablespoons whipped topping in each of 6 stemmed 10 ounce glasses. Repeat layering. Top each with 2 tablespoons berries, dollop of whipped topping, some coconut mixture and more berries.
- 3) Can be made 6 hours ahead. Cover and chill.

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Nutritional Analysis: (per serving)

- Calories: 210
- Fat: 9 g
- Saturated Fat: 6 g
- Trans Fat: 0 g
- Cholesterol: 40 mg
- Sodium: 60 mg
- Carbohydrates: 32 g
- Fiber: 2 g
- Protein: 3 g

Chef Donna's Tips:

Zest the lemons directly into the saucepan to avoid losing any of the precious flavor from the oils in the zest on your countertop or cutting board.

Assemble the dessert in martini glasses instead of wine glasses for a different look.

Make Lemon Curd Mousse Napoleons using whole wheat phyllo dough. Layer 5 sheets of phyllo atop one another with butter flavor cooking spray between the layers. Cut the stack into 8-10 rectangles and bake in oven until crispy. Assemble dessert on a small plate, layering in same manner, but with the addition of a few phyllo crisps at bottom, middle and top position.

Dietitian's Notes:

The majority of the saturated fat content in this dessert comes from coconut, which can fit well into a heart-healthy diet when consumed sparingly (e.g., special occasions).

Using sugar substitute blends helps to cut the number of calories and sugar in this recipe as well.

As we strive to reduce our risk for heart disease (and our waistlines), we often forego some of our most beloved foods, like dessert! While this is a good strategy to follow most of the time (there are a lot of calories in dessert you know!), there is no need to exclude desserts entirely from your life. In fact, rich, decadent desserts can fit into a heart-healthy eating plan, especially when a little culinary know-how and portion control is adopted.

Chef Donna and Melissa have teamed up to show you how simple recipe substitutions can result in mouthwatering masterpieces that will fool your biggest dessert skeptics. Although most of our desserts can't be coined "low-fat," they have certainly been altered to significantly reduce the total fat, saturated fat and trans fat levels to help promote a heart-healthy lifestyle and give a little oomph to your next dessert or dinner party.

Please note where Chef Donna and Melissa have noted additional culinary and nutrition tips throughout this recipe and others provided during this class. Enjoy!

Source:

From Decadent Low Fat Desserts Class with Donna Hann of the Culinary Artist, and Melissa Ohlson, MS, RD, LD, Nutrition Projects Coordinator, Preventive Cardiology & Rehabilitation.