

Luscious New York-Style Cheesecake

(Makes 14 servings)

Looking for a heart-healthy finish for a special meal with your sweetheart this Valentine's Day? Try our New York-style cheesecake, which is delicious yet keeps the fat and sugar under control. Serve with fresh berries or diced pineapple.

Ingredients:

- 4 cups low-fat cottage cheese
- 1 teaspoon transfree margarine
- ¼ cup graham cracker crumbs
- ¼ cup sugar
- 1 ¼ cups sugar substitute
- ¼ cup unbleached all-purpose flour
- 1 tablespoon grated lemon or orange zest, or a combination of both
- Two 8-ounce packages low-fat cream cheese, at room temperature
- ¼ cup nonfat sour cream
- 1 large egg
- 1 cup egg substitute
- 1 tablespoon pure vanilla extract

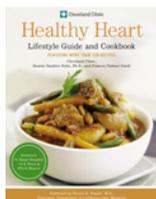
Directions:

- 1) Drain the cottage cheese in a sieve or colander over a bowl for 30 minutes.
- 2) Preheat the oven to 325°F. Grease a 10-inch springform pan with the margarine. Place the graham cracker crumbs in the pan and pat into the bottom and sides.
- 3) Place the drained cottage cheese in a food processor. Add the sugar, sugar substitute, flour and zest. Process for at least 2 minutes, until smooth and light in texture. Transfer to a large mixing bowl.
- 4) Place the cream cheese, sour cream, egg, egg substitute and vanilla in the processor. Process until smooth.
- 5) Add to the cottage cheese mixture and stir until just combined so that air bubbles don't form. Pour into the prepared pan.
- 6) Bake in the bottom third of the oven for 1 ½ hour. Remove from the oven, run a sharp knife around the sides of the pan, leaving the cheesecake on the removable bottom.
- 7) Chill for 4 to 8 hours before serving.

Nutritional Analysis: (per serving)

- Calories: 190 (38% calories from fat)
- Total Fat: 8 g
- Saturated Fat: 4.5 g
- Protein: 14 g
- Carbohydrates: 14 g
- Dietary Fiber: 0 g
- Cholesterol: 45 mg
- Sodium: 420 mg
- Potassium: 85 mg

Source:



This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).

The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.