



Summer Cherries Jubilee

Cherries are at their glorious best in the summertime and this jubilee is a great way to celebrate them. A cherry pitter, which is a small and inexpensive kitchen tool, will save you a lot of time and keep your thumb from becoming red stained. If you use an alcohol-based vanilla extract, do not add it to the cottage cheese-yogurt mixture but instead use it to flavor the sauce.

Serves 4

- 1 cup low-fat cottage cheese
- 1 cup low-fat plain yogurt
- 1 tablespoon Splenda
- 2 teaspoon non-alcoholic vanilla flavoring or pure vanilla extract
- 1½ cups pitted sweet cherries
- ½ cup Cabernet Sauvignon or other dry red wine
- ¼ cup fruit juice-sweetened cherry spread
- 1 tablespoon Amaretto
- 2 teaspoons fresh lemon juice
- 1 tablespoon plus 1 teaspoon slivered almonds

1. In the bowl of a food processor fitted with the metal blade, combine the cottage cheese, yogurt, Splenda, and non-alcoholic vanilla flavoring, if using. Process until smooth.
2. Spoon the mixture into 4 freezer-safe individual dishes. Leave about ¼ inch of head room. Freeze for 1 hour or until almost firm.
3. Just before serving, in a small saucepan, mix together the cherries, wine, and cherry spread. Bring to a boil over medium-high heat. Immediately reduce the heat and simmer for about 5 minutes, stirring frequently, or until the cherries soften and begin to break apart.
4. Off the heat, stir in the Amaretto and lemon juice.
5. Spoon the warm cherry sauce over the frozen yogurt mixture and serve sprinkled with slivered almonds.

Per serving: 21 grams carbohydrates, 10 grams protein, 2 grams fat

Note: Substitute 10 ounces of extra-firm silken tofu and ½ cup soy milk for the cottage cheese and yogurt. Increase the vanilla flavoring to 1 tablespoon.