

Small Bathrooms • Magical Hood Canal • Best Garden Crops

THE MAGAZINE of WESTERN LIVING

# Sunset

APRIL 1997

## Luscious & Low-fat

6 Creamy Cheesecake Recipes



Cheesecake Cloud  
278 calories per slice  
12% from fat

• EXCLUSIVE •

Sunset presents the  
Ultimate Western  
Dream House

And you can build it, too

\$3.50 USA \$3.95 Canada





*Very Low-fat Apricot Cheesecake*

(287 cal. per slice, 9.1% from fat)

5. Run a thin-bladed knife between cake and pan rim. Refrigerate cake, uncovered, until cool, at least 2½ hours. Serve, or if making ahead, wrap airtight when cool and chill up to 2 days. Remove pan rim and cut cake into wedges.

Per serving: 283 cal., 17% (48 cal.) from fat; 14 g protein; 5.3 g fat (2.6 g sat.); 44 g carbo (0 g fiber); 461 mg sodium; 15 mg chol.

### Very Low-fat Apricot Cheesecake

**Prep and cook time:** 50 to 60 minutes, plus at least 2½ hours to chill

**Notes:** Drain at least 3 cups nonfat yogurt to get 1 cup yogurt cheese for this recipe by Scott Davis of Oakland, California.

**Makes:** 10 servings

- 1¼ cups dried apricots
- ¾ cup graham cracker crumbs
- 1½ tablespoons melted butter or margarine
- 3 tablespoons apricot-flavor liqueur or brandy
- 3 packages (8 oz. each) nonfat cream cheese
- ¾ cup plus 1 tablespoon sugar
- 1 large egg
- 2 large egg whites
- 1 cup nonfat yogurt cheese (see page 106) or reduced-fat sour cream
- ¼ cup apricot jam

1. Set aside 8 apricot halves. In a 1- to 2-quart pan, bring remaining apricots and ½ cup water to a boil, then cover and simmer just until fruit is plumped, about 10 minutes.

2. Meanwhile, combine crumbs and melted butter. Pat evenly over bottom and ¾ inch up side of an 8-inch cheesecake pan with removable rim.

3. In a food processor, smoothly purée cooked apricots and any liquid. Add liqueur, cream cheese, ¾ cup sugar, egg, and egg whites. Whirl until smooth (or combine ingredients in a bowl and beat with a mixer until smooth).

4. Scrape mixture into prepared pan. Bake in a 350° oven until cake jiggles only slightly in the center when gently shaken, about 25 minutes.

5. Mix yogurt cheese with remaining 1 tablespoon sugar. Spoon onto cake and gently spread to cover top. Bake just until topping is heated, about 5 minutes.

6. Run a thin-bladed knife between cake and pan rim. Refrigerate cake, uncovered, until cool, about 2 hours. Remove pan rim.

7. Melt jam (in a microwave oven or in a small pan over medium heat), stirring often. Rub jam through a fine strainer into a bowl; discard residue. Spoon about ¼ of the jam evenly over cold cheesecake, then spread gently to coat evenly.

8. Cut each reserved dried apricot half in half and arrange pieces on cake. Spoon remaining jam onto apricot