



WEIGHT ★ NO ★ MORE DIET CENTERSM



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PESTO CHEESECAKE

Stabilization (Week 3) & Maintenance Lifestyle

Ingredients

1-1/2 TSP lite mayo
1/8 cup ground roasted almonds
1/4 cup grated low-fat Parmesan cheese
2-1/2 cups fresh basil
1/2 cup fresh parsley
2 TBS olive oil
salt, to taste
1 clove garlic, peeled
16 oz. low-fat ricotta cheese
16 oz. farmer cheese
2 eggs plus 2 egg whites
1/3 cup pine nuts, lightly toasted

Instructions

1. Heat the oven to 325°.
2. Grease the bottom and sides of a 9-inch spring-form pan with margarine.
3. Combine almonds and 1/4 cup Parmesan cheese. Sprinkle mixture in pan, coating all around. Refrigerate.
4. Combine basil, parsley, olive oil, salt and garlic, and process into a smooth paste, about 2 minutes. Transfer this to a large bowl.
5. Drain cheeses well and mix in a separate bowl until smooth. Add eggs and mix again.
6. Pour basil mixture into cheese mixture and combine well. Pour into prepared pan. Sprinkle top with pine nuts. Bake for about 1-1/3 hours. Allow to cool in oven so that the cheesecake sets well.
7. Serve at room temperature with raw vegetables or crackers.

Portion-Per-Serving Information: (Yields 8 servings)

Serving = 1/8 slice (apx. 2 oz.) = 1 M, 1/2 FT

