

Heart Healthy Lemon Cheesecake

Yield: 1 Cheesecake

Ingredients:

Crust:

20 Vanilla wafers
1 T Canola oil

Filling:

16 oz. Cottage cheese, (2 cups)
8 oz. Reduced-fat cream cheese, (Neufchatel), cut into pieces
1 C Sugar
2 T. Cornstarch
1 Lemon's zest
2 t. Fresh lemon juice
1 1/2 t. Vanilla extract
Pinch of salt
3 Large eggs, lightly beaten

Preparation:

1. Preheat oven to 325°F. Coat a 9-inch spring-form pan with cooking spray. Wrap the outside of the pan with double thickness of foil.
2. To prepare crust: Pulse vanilla wafers in a food processor into fine crumbs. Add oil and pulse to blend. Press the crumb mixture evenly into the bottom of the prepared pan.
3. To prepare filling: Process cottage cheese in the food processor until very smooth and silky, stopping to scrape down the sides once or twice. Add cream cheese and process until smooth. Add sugar, cornstarch, lemon juice, vanilla and salt; process until well blended. Add eggs and pulse several times just until mixed in. Sprinkle in lemon zest (or lemon balm); mix with a rubber spatula. (Do not process.) Scrape the filling into the crust.
4. Place the cheesecake in a shallow roasting pan and pour hot water to come 1 inch up the outside of the spring-form pan. Bake until the edges are set but the center quivers slightly, 50 to 55 minutes. Turn off the oven. Let the cheesecake cool in the oven, with the door ajar, for 1 hour.
5. Remove foil from pan. Cover cheesecake with plastic wrap and refrigerate until chilled, at least 2 hours.