

Gifts For The "Sweet" Heart

(Continued from Page B2)

Zucchini Cheese Casserole
 3 medium zucchini squash
 ½ cup chopped onion
 2 fresh tomatoes, sliced
 12 ounces low fat cottage cheese
 1 teaspoon basil
 ½ teaspoon oregano
 ⅓ cup Parmesan cheese
 Steam zucchini squash and chopped onions just until tender. Whip cottage cheese with basil and oregano in blender. Place alternating layers of zucchini, cottage cheese, and tomato in a 1 ½ quart casserole dish. Top with Parmesan cheese. Bake at 350°, uncovered, for 25 to 30 minutes. Yields: 6 servings.

Cheater's Cheesecake
CRUST:
 1 egg white
 1 cup graham cracker crumbs
 2 tbsp. sugar
FILLING:
 1 carton (15 oz.) part-skim ricotta cheese

1 cup low fat plain yogurt
 3 egg whites
 ⅓ cup sugar
 1 tsp. vanilla
 ½ tsp. almond extract
TOPPING:
 10 fresh strawberries
 Place egg white in 9-inch round baking dish. Stir in graham cracker crumbs and sugar. Press firmly against bottom of dish. Microwave at high for 1 ½ to 2 minutes, or until set, rotating after 1 minute. Set aside.

In medium mixing bowl, combine all filling ingredients. Beat at high speed of electric mixture until smooth. Microwave at high for 4 to 7 minutes, or until very hot, stirring with whisk after every 2 minutes.
 Pour into prepared crust. Microwave at 50 percent (medium) for about 7 to 15 minutes, or until center is almost set, rotating dish ¼ turn after every 3 minutes. (Filling will become firm when it chills.) Cool slightly. Chill for at least 6

hours. Garnish with strawberry fans. And Enjoy. Yields: 10 servings.

Baked Custard
 4 cups milk
 6 eggs, slightly beaten
 ½ cup sugar
 ½ tsp. salt
 ½ tsp. vanilla
 nutmeg
 Heat milk to very hot. Cool slightly. Combine eggs, sugar, salt, vanilla, and milk just until blended. Set 1 ½ quart shallow baking dish in shallow pan on oven rack. Pour custard into baking dish. Sprinkle with nutmeg. Pour hot water into pan around baking dish, 1-inch deep. Bake in preheated 325° oven for 1 hour or until a knife inserted near center comes out clean. Remove from water immediately and place on wire rack to cool. Chill.

Noreen Rouse
 Sullivan County Dairy Princess

Valentine's Tips
Valentine Gift Wrapping
 Show off your gift from the heart with fun valentine gift wrap. Take any small box or container and wrap with decorative paper. Use baskets or bowls lined with colorful napkins. Stack your treats on a plate or tray, overwrap with colorful plastic wrap and tie on a beautiful bow. Let children help decorate with stickers, crayons, and markers.

Chocolate Shavings — To make shavings, let the baking bar stand in a warm place until thoroughly warm but not melted. Using a vegetable peeler, make short strokes for a shaved effect. For a more splintered effect, use cool rather than warm chocolate.
 For additional delicious recipes and tips, visit www.ghirardelli.com or www.eaglebrand.com.

Featured Recipe

Liza Haas, the Perry County Dairy Princess, submitted this recipe, which is perfect for the Valentine's Day Season. She suggests enjoying the chocolate treats with a chocolate milkshake, the perfect way to satisfy even the biggest chocolate-holic craving.

Chocolate Linzer Hearts

1 cup butter, softened
 ½ cup sugar
 1 tsp. vanilla
 2 eggs
 1 cup hazelnuts, toasted, skinned and ground
 ½ ounce semisweet baking chocolate, finely chopped
 2 ½ cups all-purpose flour
 1 ½ tsp. teaspoons ground cinnamon
 ½ tsp. ground nutmeg
 ½ cup raspberry jam
 1 ounce semisweet baking chocolate, melted

Beat butter and sugar in large bowl with electric mixer on medium speed until light and fluffy, or mix with spoon. Beat in vanilla and eggs until smooth. Add remaining ingredients except jam and melted chocolate. Beat until well blended. Cover and refrigerate 1 hour (dough will be sticky.)

Heat oven to 375 degrees. Roll ¼ of dough at a time between pieces of waxed paper until ⅛-inch thick. (Keep remaining dough refrigerated until ready to roll.) Cut with 2-inch heart-shaped cookie cutter. Cut small heart shape from center of half of the 2-inch hearts, if desired. Place on greased cookie sheet.

Bake 7 to 9 minutes or until brown. Remove from cookie sheet to wire rack. Cool completely. Spread about ½ teaspoon raspberry jam on bottom of whole heart cookies; top with cut-out heart cookie. Drizzle with melted chocolate. Let stand until chocolate is firm. Yield: 3 dozen cookies.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients, and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date listed below.

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