

Food for the Spirit

KEY LIME CHEESECAKE BARS

Too hot to run the oven and need a cool no-bake dessert for guests? Try this dazzling cheesecake recipe; it's a sweet-tart takeoff on the ever-popular pie. It's a great make-ahead dessert, too—you can prep the easy recipe up to 24 hours in advance.

Yield: 9 servings — Source: Better Homes and Gardens

- 12 squares low-fat honey graham crackers, finely crushed (1 cup)
- 1/4 cup butter, melted
- 1 teaspoon sugar
- 1 3-ounce package sugar-free low-calorie lime-flavored gelatin
- 3/4 cup boiling water
- 1 1/2 cups low-fat or fat-free cottage cheese
- 1 8-ounce container reduced-fat cream cheese (Neufchâtel) or fat-free cream cheese, cut up and softened
- 1 8-ounce container frozen light or fat-free whipped dessert topping, thawed
- Key limes or limes, cut in wedges (optional)



Step 1: In small bowl combine graham crackers, butter, and sugar. Press crumb mixture in the bottom of a 2-quart square baking dish. Refrigerate while preparing filling.

Step 2: In large bowl combine gelatin and water. Stir until gelatin is dissolved. Set aside.

Step 3: In blender or food processor combine cottage cheese and cream cheese. Cover and blend or process until smooth, stopping several times to scrape down sides. Whisk 1/2 cup of the cottage cheese mixture into the gelatin mixture. Whisk in remaining cottage cheese mixture until smooth. Fold in whipped dessert topping. Spoon filling over chilled crumb mixture.

Step 4: Cover and chill 8 to 24 hours or until filling is firm. To serve, cut in squares. Top with lime wedges

For a 3-quart dish: Prepare as above, except increase to 18 squares graham crackers (1 1/2 cups crumbs), 6 Tbsp. butter, and 1 1/2 tsp. sugar for the crust. Makes 12 servings

