

APRIL IS NATIONAL SOYFOODS MONTH

Lemon Tofu Cheesecake

Recipes provided by...

Soybeans

Nebraska Soybean Board



Quick Tip...

Combine soy crumbles with ground beef, pork or turkey in your family's meat loaf and spaghetti sauce.

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INGREDIENTS...

Crumb Crust

1 cup	Vanilla wafer crumbs	3/4 cup	Granulated sugar
2 tbsp	Pecans, finely chopped	1/4 cup	All-purpose flour
2 tbsp	Soy margarine, melted	1 tbsp	Grated lemon peel
		1 tbsp	Vanilla
		3	Eggs
		3	Egg whites
			Chopped pecans, optional
			Frozen berries, thawed

Filling

1 lb	Silken tofu
1 lb	Lowfat cream cheese

Combine vanilla wafer crumbs, pecans and margarine; mix well. Press mixture into bottom of 9-inch springform pan. Bake at 375°F about 8 minutes or until golden brown. Cool on wire rack. In mixer bowl, beat tofu until smooth. Add cream cheese, sugar, flour, lemon peel and vanilla; mix until completely blended. Beat in eggs and whites, one at a time; mix well. Pour filling over crust. Bake at 375°F 50 to 60 minutes or until filling is set and edges of top are lightly browned. Cool on wire rack and refrigerate overnight to cool completely. Remove ring and press chopped pecans into sides of cheesecake, if desired. Cut into 12 portions, dipping knife blade in hot water between each slice. Serve 1 to 2 ounces berries over each portion.

* Chopped pecans, optional

* Frozen berries, thawed

Makes 12 servings.

Per serving:

Calories: 279

Protein: 13.1 g

Carbohydrate: 27.3 g

Total fat: 13 g

Cholesterol: 68 mg

Sodium: 272 mg

Dietary Fiber: 0.5 g

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