

Strawberry Parfait



Recipe Courtesy Chef Bryan Woolley

1 tbsp orange zest
1 1/2 cups skim milk
2 eggs, slightly beaten
1/4 cup sugar
1/8 teaspoon salt
1/2 teaspoon vanilla
2 cups sliced strawberries
1 tablespoon sugar
1 tsp grated orange zest
2 teaspoons chopped mint

1. In a medium size bowl whisk eggs together. Set aside until ready to use.
2. In a heavy bottom saucepan add 1 tbsp orange zest, skim milk, sugar, salt and vanilla. Bring to a boil and reduce heat to a low simmer.
3. Slowly add hot liquid to eggs to temper. Return egg mixture to sauce pan, reheat just about to a boil and reduce heat and cook for about 1 minute (do not boil). Sauce will thicken. Remove from heat.
4. Strain parfait mixture and chill.
5. In a medium size bowl toss strawberries, 1 tsp orange zest, 1 tbsp sugar, and chopped mint.
6. Layer strawberries and parfait in a bowl or glass.
7. Serve and Enjoy!

Nutritional Analysis (per serving)

Servings: 4

Calories	156
Total Fat	3g
Saturated Fat	1g
Cholesterol	108mg
Sodium	220mg
Carbohydrate	27g
Protein	7g

Diabetic Exchanges

Protein	1
Fat	.5
Carbohydrates	2