

Recipes makes: ~16 Strawberries (4 Strawberries per Person)



Ingredients-

- ♥ 8 oz Part-Skim Ricotta Cheese
- ♥ 1 lb Fresh Strawberries
- ♥ ¼ Cup Powdered Sugar
- ♥ ½ tsp Vanilla Extract
- ♥ ¼ tsp Grated Lemon Zest
- ♥ 3 Tbsp Chopped Pistachios

PREPARATION:

1. Place ricotta in a cheesecloth-lined strainer set over a large bowl. Place in refrigerator for one hour.
2. Hollow out strawberries using a melon baller or spoon.
3. Mix together strained ricotta, sugar, vanilla, and lemon zest. Using a pastry bag or small spoon, fill strawberries with ricotta mixture. Garnish the tops with chopped pistachios and serve immediately.

Nutrition Facts	
Serving Size: ~4 Strawberries	
Servings: 4	
Amount Per Serving	
Calories 180	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 70mg	3%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Sugars 14g	
Protein 8g	
Vitamin A 6%	• Vitamin C 110%
Calcium 20%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	


 Healthy Options

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