

# Market District Demo Recipes

## Dessert



THE OHIO STATE  
UNIVERSITY

WEXNER MEDICAL CENTER

---

## Quick Lemon Berry “Cheesecake”

Serves: 8

Modified from: [www.EatingWell.com](http://www.EatingWell.com)

**Items Needed:** measuring cups, measuring spoons, zester, large bowl, whisk, saucepan, wooden spoon

### Ingredients:

- 12 ounces frozen mixed berries
- 1 Tablespoon chia seeds
- 2 cups nonfat plain Greek yogurt
- 2 cups light ricotta cheese
- 2 teaspoons vanilla extract
- 2 teaspoons lemon zest (from 1 lemon)
- 1 cup graham cracker crumbs

### Directions:

1. For berry topping: Add the 12 ounce bag of frozen fruit to a medium saucepan, heat over medium heat. Once the berries start releasing their juices, add the chia seeds and stir to combine. Heat over low heat for 5 minutes or until slightly thickened. Remove from heat and set aside (should yield about 2 cups).
2. For the “cheesecake” layer: Combine Greek yogurt, ricotta cheese, vanilla extract, and lemon zest in a large bowl and whisk until smooth.
3. For each parfait, in a glass or bowl layer 2 Tablespoons graham cracker crumbs, ½ cup “cheesecake” mixture, and ¼ cup berry topping. Serve chilled.

### Nutrition Information (per 1 “cheesecake”):

Calories: 140 Fat: 3.5 g Carbs: 14 g Protein: 21 g Fiber: 2 g Sodium: 105 mg