

Strawberry Parfait

Recipe courtesy Chef Bryn Woolley

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



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

Diabetic Exchanges

Protein	1
Carbohydrate	2
Fat	.5