

# FOOD

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ELAINE MAGEE: THE RECIPE DOCTOR

# The perfect summer cheesecake recipe



**Dear Recipe Doctor:** I saw this recipe for No Bake Oreo Cheesecake by Kraft and I really want to try it, but I only want to try a lighter version. You tell me what will

If you enjoy Oreo cookies and all things cheesecake, this is the perfect summer cheesecake recipe for you. No eggs required for this recipe, ladies and gentlemen! The original crust is made with Oreo cookies and a half cup of butter. We are using Oreo cookies and switch to Reduced Fat Oreos, and replacing the 4 tablespoons of melted butter with 2

tablespoons melted less-fat margarine and 1 tablespoon fat-free sour cream. The original recipe calls for breaking an additional 15 cookies into chunks and this is mixed into the cheesecake filling. Using 10 Reduced Fat Oreos for this seemed to work just fine.

For the cheesecake filling I used three packages of Philadelphia Light Cream Cheese and one package of fat-free cream cheese instead of four packages of regular cream cheese. And finally I folded a tub of Cool Whip Lite into the cream cheese mixture instead of regular. You can use fat-free Cool Whip if you would like.

## Oreo Lover's Perfect Summer Cheesecake (No-Bake)

Original recipe contains 290 calories, 22 grams fat, 12.5



Elaine Magee

Oreo Lover's Perfect Summer Cheesecake doesn't require any baking.

grams saturated fat, and 47 milligrams cholesterol.

Makes 24 small or 12 large servings  
30 Reduced Fat Oreo chocolate sandwich cookies, divided use  
2 tablespoons less fat margarine (with 8 grams of fat per table-

spoon), melted  
1 tablespoon fat free sour cream  
3 packages (8 ounces each) Philadelphia Light Cream Cheese  
1 package (8 ounces) Philadelphia Fat Free Cream Cheese  
½ cup granulated sugar (Splenda

can be substituted if desired)  
¾ teaspoon vanilla extract  
1 tub (8 ounces) Cool Whip Lite (whipped topping, thawed), fat-free can be substituted

1. Line a 13-by-9-inch pan with foil. Make sure the ends of the foil extend past the two ends of the pan. Coarsely chop 10 of the Oreo cookies and set aside.

2. Add the remaining 20 Oreo cookies in a large food processor and pulse until finely crushed. Add melted margarine and fat free sour cream and briefly pulse until a moist crust mixture forms. Press firmly onto bottom of the prepared pan. Refrigerate crust while you move on to the filling.

3. Add all the cream cheese to large mixing bowl, along with the ½ cup sugar and vanilla and beat on medium speed

until everything is well blended. Gently stir in the whipped topping and the chopped cookies. Spoon the mixture over the prepared crust. Cover the pan and refrigerate it for four hours or until firm. Keep it in the refrigerator until ready to serve.

Per serving: 168 calories, 5 g protein, 16 g carbohydrate, 8.5 g fat, 3.5 g saturated fat, 2.2 g monounsaturated fat, 1.5 g polyunsaturated fat, 14 mg cholesterol, .5 g fiber, 260 mg sodium. Calories from fat: 49 percent. Weight Watchers POINTS, 4; Omega-3 fatty acids, .2 g (depending on the margarine being used); Omega-6 fatty acids, 1.3 g.

Elaine Magee, a registered dietitian, is the author of 25 books. Visit [www.recipedoctor.com](http://www.recipedoctor.com).