

Lemon Meringue Tarts

Makes: 12 servings

Serving Size: 1 meringue, 1 tablespoon cream cheese mixture, and 1 tablespoon lemon curd

Carb Grams Per Serving: 27

Ingredients

3 egg whites

1/4 teaspoon cream of tartar

1/4 teaspoon vanilla

1 cup powdered sugar

3 eggs

3/4 cup granulated sugar*

1 tablespoon finely shredded lemon peel

1/3 cup lemon juice

1/4 cup butter, cut up

3 ounces reduced-fat cream cheese (Neufchatel), softened

3/4 cup frozen fat-free whipped dessert topping, thawed

1 1/2 cups fresh blackberries

Directions

Allow egg whites to stand at room temperature for 30 minutes. Line a very large baking sheet with parchment paper or foil. Draw twelve 3- to 3 1/2-inch circles 2 inches apart on the paper or foil; set aside.

Preheat oven to 200 degrees F. For meringue, in a medium bowl combine egg whites, cream of tartar, and vanilla. Beat with an electric mixer on medium speed until soft peaks form (tips curl). Add 3/4 cup of the powdered sugar, 1 tablespoon at a time, beating on high speed until stiff peaks form (tips stand straight).

Spoon or pipe meringue over circles on paper. Bake for 1 1/2 hours. Turn off oven; let meringues dry in oven with door closed for 2 hours. Lift meringues off paper. Transfer to a wire rack.

Meanwhile, for lemon curd, in a small saucepan whisk together eggs, the granulated sugar, lemon peel, and lemon juice. Cook and stir over medium heat until mixture comes to a gentle boil. Cook and stir for 2 minutes more. Remove from heat. Add butter pieces, stirring until melted. If desired, press lemon curd through a fine-mesh sieve. Transfer strained mixture to a small bowl. Cover surface with plastic wrap. Chill for at least 1 hour.

In a small bowl combine cream cheese, dessert topping, and the remaining 1/4 cup powdered sugar, stirring until smooth and creamy. Cover and chill until needed.

To assemble, place each meringue on a serving plate; spread each with a slightly rounded tablespoon of the cream cheese mixture. Add a slightly rounded tablespoon of the lemon curd. Top with blackberries. Serve immediately.

