

## Citrus Cheesecake A

**PREP** 15 MIN **BAKE** 55 MIN **SERVES** 20  
**MAKE AHEAD** 2 MONTHS

### CRUST

10 low-fat graham cracker cookies,  
crushed to crumbs (about 1½ c.)

1 Tbsp. light corn syrup

1 Tbsp. light stick butter, melted

### TOPPING

2 c. fat-free sour cream

¼ c. sugar

1 tsp. vanilla extract

### CAKE

2 (8-oz.) packages light cream cheese  
(Neufchâtel), softened

2 (8-oz.) packages fat-free cheese,  
softened

1¼ c. sugar

2 large eggs

2 large egg whites

Grated zest of 2 lemons

Grated zest and juice of 1 lime

½ tsp. vanilla extract

**1** Preheat the oven to 350°F. Spray  
a 10-inch springform pan with  
nonstick spray.

**2** Mix the cookie crumbs, corn syrup,  
and melted butter in a small bowl; stir  
until moistened. Press the mixture  
firmly into the bottom of the pan and  
refrigerate.

**3** Whisk the sour cream, sugar, and  
vanilla in a small bowl; cover and  
refrigerate.

**4** With an electric mixer on medium  
speed, beat the light and fat-free  
cream cheeses in a large bowl until  
very smooth, 3 minutes. Gradually  
add the sugar, beating until fluffy,  
about 2 minutes. Beat in the eggs, one  
at a time, until well blended. Beat in  
the egg whites, lemon zest, lime zest  
and juice, and vanilla until blended.

**5** Pour the batter over the crust. Bake  
until the edge of the cake is set and  
the center jiggles slightly, 55–60  
minutes. Let cool in the pan on a rack  
15 minutes. Spoon the topping over

the cake; spread evenly with a narrow  
metal spatula.

**6** Cool the cake completely on the  
rack. **Cover and refrigerate until  
chilled, 6 hours. Wrap well and  
freeze up to 2 months. To serve,  
thaw in the refrigerator overnight.**

**PER SERVING** (½ OF CAKE): 200 CAL, 7 G FAT,  
4 G SAT FAT, 0 G TRANS FAT, 43 MG CHOL,  
299 MG SOD, 28 G CARB, 0 G FIB, 8 G PROT,  
98 MG CALC. **POINTS VALUE: 5.**

## GATHERINGS

### Roasted Pepper Salad B

**PREP** 15 MIN **ROAST** 45 MIN **SERVES** 8  
**MAKE AHEAD** 2 DAYS

2 large plum tomatoes, seeded and  
coarsely chopped

½ c. pitted Kalamata olives, chopped

1 Tbsp. capers, rinsed and chopped

1 large garlic clove, crushed through  
a press

¼ tsp. red pepper flakes

3 tsp. olive oil

4 different-color bell peppers, cut  
into 1-inch wedges

2 Tbsp. red-wine vinegar

¼ tsp. salt

2 Tbsp. coarsely chopped fresh basil  
or parsley

**1** Preheat the oven to 350°F. Spray

a large rimmed baking sheet with  
nonstick spray.

**2** Mix the tomatoes, olives, capers,  
garlic, red pepper flakes, and 1 tsp. of  
the oil in a bowl. Spread the bell  
peppers, skin side down, on the  
baking sheet. Spoon the tomato  
mixture over them. Cover loosely with  
foil and roast 30 minutes. Uncover and  
roast until the peppers are tender,  
about 15 minutes. Let the pepper  
mixture cool. Transfer to an airtight  
container and refrigerate up to 2 days.

**3** To serve, transfer the salad to  
a medium bowl and let come to room  
temperature, about 1 hour. Whisk the  
remaining 2 tsp. oil, the vinegar, and  
salt in a small bowl. Drizzle over the  
salad and sprinkle with the basil.

**PER SERVING** (GENEROUS ½ C.): 41 CAL, 3 G  
FAT, 0 G SAT FAT, 0 G TRANS FAT, 0 MG CHOL,  
162 MG SOD, 4 G CARB, 2 G FIB, 1 G PROT,  
14 MG CALC. **POINTS VALUE: 1.**

### BONUS RECIPE!

#### VEGGIE PITA BURGERS

Cook 4 frozen vegetarian

burgers as directed. Top with ¼ c.  
hummus, 1 c. shredded carrots, and  
1 c. sprouts. Serve in 4 small split  
whole wheat pitas. **PER SERVING**

(1 BURGER) **POINTS VALUE: 4.**

## ABOUT OUR RECIPES

We make every effort to ensure that you  
will have success with our recipes. For best  
results and for nutritional accuracy, please  
keep these guidelines in mind:

- Recipes in *WWM* have been developed for  
members who are following the **Momentum™**  
plan. We include **POINTS®** values for every  
recipe. **POINTS** values are assigned based on  
calories, fat (grams), and fiber (grams) provided  
for a serving size of a recipe.

- All recipes feature approximate nutritional  
information; our recipes are analyzed for  
Calories (Cal), Total Fat (Fat), Saturated Fat  
(Sat Fat), Trans Fat (Trans Fat), Cholesterol  
(Chol), Sodium (Sod), Carbohydrates (Carb),  
Dietary Fiber (Fib), Protein (Prot), and  
Calcium (Calc).

- Nutritional information for recipes that

include meat, poultry, and fish are based on  
cooked skinless, boneless portions (unless  
otherwise stated), with the fat trimmed.

- We recommend that you buy lean meat  
and poultry, then trim it of all visible fat  
before cooking. When poultry is cooked  
with the skin on, we suggest removing the  
skin before eating.

- Before serving, divide foods—including any  
vegetables, sauce, or accompaniments—into  
portions of equal size according to the  
designated number of servings per recipe.

- Any substitutions made to the ingredients will  
alter the “per serving” nutritional information  
and may affect the **POINTS** values.

- All fresh fruits, vegetables, and greens in  
recipes should be rinsed before using.

- All Filling Extra suggestions have a **POINTS**  
value of 0 unless otherwise stated.