

## **Strawberry Shortcakes**

### ***Filling***

- 2 cups vanilla yogurt cheese (1 quart vanilla yogurt)
- 3 pints fresh strawberries, rinsed and hulled
- ¼ cup sugar
- 3 Tablespoons light rum (optional)

### ***Shortcakes***

- 2 cups all-purpose white flour, plus extra for forming shortcakes
- 1 cup whole wheat pastry flour
- 1/3 cup sugar
- 1 Tablespoon baking powder
- 2 teaspoons baking soda
- ¼ teaspoon salt
- 2 Tablespoons whipped butter, cut into small pieces
- 1 ¼ cups buttermilk
- 1 ½ Tablespoons canola oil
- 1 Tablespoon skim milk

**To Make Yogurt Cheese:** Choose lowfat or nonfat vanilla yogurt. Line a colander with cheesecloth, paper towels or a coffee filter. A fine-mesh stainless-steel sieve can also be used to drain the yogurt. Place colander in a bowl. Spoon yogurt into the colander, cover with plastic wrap, and refrigerate overnight. Discard liquid. Store, covered, in the refrigerator for up to 1 week. A quart of yogurt will make about 2 cups of yogurt cheese.

**To Make Filling:** In a large mixing bowl, combine 1 pint of the strawberries, sugar and rum; mash with a fork. Slice the remaining berries and add to the bowl. Stir to combine well. Let the mixture stand for 30 minutes to 1 hour at room temperature.

### **To Make Shortcakes:**

1. Coat a large baking sheet with nonstick cooking spray or line it with parchment paper.
2. In a large bowl, stir together flour, sugar, baking powder, baking soda and salt. Using your fingertips or 2 knives, cut butter into the flour mixture until crumbly. Make a well in the center and add buttermilk and oil. With a fork, stir until just combined to make a slightly sticky dough. Do not overmix.
3. Place the dough on a lightly floured surface and sprinkle with a little flour. Knead the dough 10 times, then pat or roll it out to an even ¾-inch thickness. Using a 2-inch round or star-shaped cutter, cut out shortcakes and transfer then to the prepared baking sheet. Gather together the scraps of dough and cut out more shortcakes to make a total of 16. Brush with skim milk.

### **To Bake and Assemble Shortcakes:**

Preheat oven to 425 degrees. Bake the shortcakes for 12 to 16 minutes, or until golden. Transfer then to a rack and let cool slightly. Using a serrated knife, split the shortcakes. Set the bottoms on plates, spread with some of the yogurt cheese, spoon on strawberries, top with lids and then a dollop of yogurt cheese.

**Serves 16.** *Per serving (using nonfat yogurt, without rum): 218 calories, 3 grams fat, 34 grams carbohydrate, 318 mg sodium, 3 mg cholesterol, 4 grams fiber.* Adapted from *The Eating Well New Favorites Cookbook*.

Did you know that eight strawberries provide 4 grams of fiber and 140% of our daily requirement for vitamin C? They are also high in potassium and contain several classes of phytochemicals that may help prevent cancer. Strawberries do not ripen once harvested so be sure to look for ones that are bright red in color and have fresh-looking green caps. Store strawberries uncovered or loosely covered in the refrigerator. Wash just before use and serve at room temperature for the best flavor.

**Measuring Strawberries:**

1 pint = 3 <sup>1</sup>/<sub>4</sub> whole berries

1 pint = 2 <sup>1</sup>/<sub>4</sub> sliced berries

1 pint = 1 <sup>2</sup>/<sub>3</sub> pureed berries

People look forward to spring for many reasons, not the least being fresh strawberries and the all-American strawberry shortcake. This recipe came from a lowfat cookbook and we modified it further. Don't be intimidated by the length of this recipe, it went together very quickly. We tested it on the staff (minus the rum) and they gave it a thumbs up. Enjoy!

Your Partners in Health,  
**Candace and Lucy**