

Blueberry Refrigerator Pie

*Sarah Gish - Kansas City Star
Treasure Coast Newspapers*

Servings: 8

*1 tablespoon unsalted butter
1 pint blueberries
1/2 cup sugar
2 tablespoons arrowroot powder or
cornstarch
1 tablespoon lemon juice
zest of one lemon, grated
8 ounces cream cheese, softened
2 cups ricotta cheese, room
temperature
graham cracker crust (store-bought or
homemade)
1/2 pint blueberries (for topping)*

In a medium-size saucepan, melt the butter. Add the blueberries and cook over medium heat for 5 minutes, until the berries begin to release their juices.

In a small bowl, mix the sugar and starch. Stir into the blueberry mixture. Add the lemon juice and lemon zest. Cook for 5 minutes longer, until the mixture thickens and becomes jammy.

Remove from the heat and stir in the cream cheese and ricotta.

Transfer the mixture to a food processor or blender and puree' for about 1 minute until the mixture is smooth and creamy.

Pour the blueberry and cheese mixture into the prepared crust. Arrange the half-pint of blueberries evenly over the surface of the pie.

Refrigerate for at least eight hours or overnight.

Serve chilled.

Per Serving (excluding unknown items): 288 Calories; 19g Fat (59.5% calories from fat); 9g Protein; 20g Carbohydrate; 1g Dietary Fiber; 66mg Cholesterol; 138mg Sodium. Exchanges: 1 1/2 Lean Meat; 1/2 Fruit; 3 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

% Calories from Fat:	59.5%
% Calories from Carbohydrates:	27.8%
% Calories from Protein:	12.7%
Total Fat (g):	19g
Saturated Fat (g):	12g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	66mg
Carbohydrate (g):	20g
Dietary Fiber (g):	1g
Protein (g):	9g
Sodium (mg):	138mg
Potassium (mg):	134mg
Calcium (mg):	153mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	6mg
Vitamin A (i.u.):	797IU
Vitamin A (r.e.):	229 1/2RE

Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	14mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1 1/2
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	1

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 288 **Calories from Fat:** 171

% Daily Values*

Total Fat 19g	30%
Saturated Fat 12g	62%
Cholesterol 66mg	22%
Sodium 138mg	6%
Total Carbohydrates 20g	7%
Dietary Fiber 1g	4%
Protein 9g	
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Vitamin A	16%
Vitamin C	9%
Calcium	15%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.