



Mango Panna Cotta with Raspberry Sauce

Prep: 20 minutes plus cooling and chilling
Cook: 5 minutes • Serves: 6

Panna Cotta

- 1 can (12 ounces) evaporated milk
- 1 envelope (¼ ounce) unflavored gelatin
- ⅓ cup granulated sugar
- 2 ripe mangos, peeled, pitted and diced
- ½ cup low fat plain yogurt
- ½ teaspoon vanilla extract
- Nonstick cooking spray
- 2 tablespoons slivered almonds

Raspberry Sauce

- 1 package (6 ounces) fresh raspberries plus additional for garnish (optional)
- ¼ cup fresh orange juice
- 1 tablespoon granulated sugar
- 1 teaspoon orange zest

1. Prepare Panna Cotta: Place milk in medium saucepot and sprinkle gelatin over milk; let stand 5 minutes. Place saucepot over medium heat and whisk in sugar. Heat to simmering and remove saucepot from heat; cool 10 minutes.

2. Reserve ¾ cup mango. In blender, purée remaining mango, yogurt, vanilla extract and milk mixture on high until smooth and creamy. Lightly spray six 8-ounce oven-safe ramekins with nonstick cooking spray and place on rimmed baking pan. Evenly divide reserved mango into bottom of ramekins, then pour puréed mango mixture (about 7 ounces each) over mangos. Refrigerate panna cotta at least 3 hours or up to overnight to set.

3. Prepare Raspberry Sauce: In blender, purée raspberries, orange juice, sugar and orange zest on high until smooth. Strain mixture through fine-mesh strainer; discard seeds. Makes about ¾ cup.

4. To serve, carefully run a small knife around edge of ramekins to loosen panna cottas, then invert ramekins onto 6 dessert plates to release; spoon about 2 tablespoons raspberry sauce around panna cotta. Sprinkle each with 1 teaspoon almonds and garnish with whole raspberries, if desired.

Approximate nutritional values per serving: 249 Calories, 7g Fat (24% of total calories), 3g Saturated (10% of total calories), 18mg Cholesterol, 80mg Sodium, 44g Carbohydrates, 4g Fiber, 6g Protein

Dietary Exchanges: 3 Starch; 1 Protein; 1 Fat