No Bake Ricotta Peachy Tart

Created by Executive Chef Darius Peacock, Union City School District, Union City, NJ
No Bake Ricotta Peachy Tart

Entrees

Recipe HACCP Process: #2 Same Day Service

Ingredients
Ricotta cheese, low-fat (3 qt + 1/2 cup)
Yogurt, vanilla, low-fat (3 qt + 1/2 cup)
Fresh lemon (3 each)
Graham Cracker Goldfish (3# 2 oz)
Peaches, diced, extra light syrup, canned (3 qt + 1/2 cup)

Preparation
2. Zest all lemons and then juice. Add zest and juice to the ricotta/yogurt mixture and stir until blended.
3. Crumble the graham cracker goldfish.
4. In each clear clamshell, portion 2 oz. (52 grams) of graham cracker crumbles; top with 1 cup ricotta/yogurt mixture. Finish by adding 1/2 cup diced peaches on top.
5. Hold for service at 41°F or less (CCP)

Serving:
Meets: 2 oz. meat/meat alternate; ½ cup fruit;
2 grain servings

Yield:
25 Servings

Nutrients Per Serving

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Per Serving</th>
<th>Calories: 840 kcal</th>
<th>Total Fat: 25.91 g</th>
<th>Saturated Fat: 10.29 g</th>
<th>Cholesterol: 44.26 mg</th>
<th>Sodium: 741.20 mg</th>
<th>Carbohydrate: 127.67 g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dietary Fiber</td>
<td>6.65 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>28.12g</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>3652.88 IU</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>4.71 mg</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>116.98 mg</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>5.32 mg</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>