Ricotta Cheesecake with Fresh Raspberries

Recipe Source: Ellie Krieger, The Food Network

Ingredients:

1 (15 oz) container part-skim ricotta cheese
½ cup reduced fat sour cream
4 ounces Neufchatel cheese, or reduced fat cream cheese, softened
3 large eggs
¾ cup sugar
¼ cup all-purpose flour
1 tsp vanilla extract
1 tsp finely grated orange zest
¼ tsp salt
¼ cup all-fruit seedless raspberry jam
1 TBSP water
2 (6 oz) containers fresh raspberries

Steps:

- Preheat oven to 325°.
- Coat a 9-inch spring form pan with cooking spray. Place ricotta in a food processor and process until smooth and creamy. Add sour cream, Neufchatel, eggs, sugar, flour, vanilla, orange zest and salt. Process until well blended.
- Pour into the prepared pan and bake until the center is just set, 50-55 minutes. Transfer to a wire rack to cool and then cover and chill in the refrigerator for at least 3 hours.
- In a small saucepan, bring the jam and water to a boil, stirring constantly until smooth.
- Remove sides of the spring form pan. Brush the tart with the jam mixture and top with raspberries.

Nutritional Facts (per serving)*: Calories: 256, Carbohydrates: 32 grams, Protein: 11 grams, Total Fat: 10 grams, Saturated Fat: 6 grams, Cholesterol: 99 mg, Sodium: 216 mg, Fiber: 2 grams, Total Sugars: 21 grams.*