

## RECIPE OF THE MONTH — March 2007

### Shamrock Meringue Cups

4 egg whites  
1 teaspoon vanilla extract  
¼ teaspoon salt  
¼ teaspoon cream of tartar  
1 cup sugar  
1 (14-oz.) can fat-free sweetened  
condensed milk

½ cup lime juice  
2 cups reduced-fat whipped topping  
2 to 3 drops green food coloring  
(optional)  
20 green candied cherries

Place egg whites in a small bowl; let stand at room temperature for 30 minutes. Add vanilla, salt, and cream of tartar; beat on medium speed until soft peaks form. Gradually beat in sugar, 1 tablespoon at a time, on high until stiff peaks form. Drop meringue into 12 mounds on two parchment paper-lined baking sheets. With the back of the spoon, shape into 3-in. cups. Bake at 275° for 45-50 minutes or until set and dry. Turn off oven and do not open door; leave meringues in oven for 1 hour. In a small bowl, beat milk and lime juice until combined. Cover and refrigerate for 1 hour or until set. Fold in whipped topping and food coloring. Spoon ⅓ cup filling into each meringue cup. Cut 18 cherries in half and two into thin slivers; garnish each dessert with a shamrock shape. YIELD: 12 servings