Cherries Jubilee

in a new light

Makes: 6 servings
Prep Time: 5 minutes
Cook Time: 5 minutes
Difficulty: Easy

Ingredients:

• 1 teaspoon cornstarch
• 1 tablespoon water
• 1 (16-ounce) can pitted sweet cherries, drained or 1 (1-pound) bag thawed frozen sweet cherries
• 1 tablespoon packed brown sugar
• 1 tablespoon brandy
• 1/2 teaspoon vanilla extract
• 6 (1/2-cup) scoops light vanilla ice cream, no sugar added

Directions:

In a small bowl, combine cornstarch and water, stirring to dissolve. Set aside.

Place drained cherries, brown sugar, and brandy in a medium skillet. Bring just to a boil and turn off heat. Light brandy in pan with lighter or long match. When flame dies down, stir in cornstarch mixture and vanilla; sauce will thicken up as it heats, about 1 minute.

Place a scoop of ice cream in 6 serving bowls; top each with 1/3 cup warm cherry sauce.

Nutritional Information: Per serving (1/2 cup ice cream with 1/3 cup cherry sauce): 160 calories, 3 g fat (2 g saturated, 0 g trans), 10 mg cholesterol, 70 mg sodium, 25 g carbohydrate, 3 g fiber, 4 g protein.

Material reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics.

A good balance of the right foods, along with regular exercise and your prescribed medications, can help you feel better and stay healthier. As with any meal, remember to pay attention to portion size and enjoy every dish as part of your overall meal plan. Work with your health care team to determine a meal plan that works for you.