Lemon Curd

Ingredients:
3 eggs
1 cup sugar
½ cup fresh lemon juice
¼ cup reduced fat margarine
1 T grated lemon peel

Directions:
In the top of a double boiler, beat eggs and sugar. Stir in lemon juice, margarine, and lemon peel. Cook over simmering water for 15 minutes, or until thickened.
(Yields: 13 servings)

Blueberry Scones

Ingredients:
2 cups all-purpose flour
1/3 cup sugar (plus 1 additional teaspoon sugar)
1 teaspoon baking powder
¼ teaspoon baking soda
½ teaspoon salt
8 tablespoons margarine, frozen
½ cup dried blueberries
½ cup fat-free sour cream
1 large egg

Directions:
1. Preheat oven to 400 degrees. In a medium bowl, mix flour, 1/3 cup sugar, baking powder, baking soda and salt. Grate margarine into flour mixture on the large holes of a box grater; use your fingers to work in margarine (mixture should resemble coarse meal), then stir in blueberries.
2. In a small bowl, whisk sour cream and egg until smooth.
3. Using a fork, stir sour cream mixture into flour mixture until large dough clumps form. Use your hands to press the dough against the bowl to form a ball.
4. Place on lightly floured surface and pat into a 7-8 inch circle about ¾- inch thick. Sprinkle remaining 1 teaspoon of sugar on dough. Use a sharp knife to cut into 8 triangles; place on cookie sheet lined with parchment paper, about 1 inch apart. Bake until golden brown, about 15-17 minutes. Cool for 5 minutes and serve warm or at room temperature with Lemon Curd. (Yields 8 servings)

Victoria McFall Anderson County Junior – Fruit and Vegetables