

♥ Valentine's Day Delights ♥

Sweetheart Parfaits Are Sweet Perfection

(NAPSA)—There are many special occasions throughout the year that call for a sweet finale. Sweetheart Parfaits are the perfect answer.

California Mission and Calimyrna Figs are simmered in a sweet orange-flavored syrup and sit atop a creamy, luscious cheesecake mousse. Sprinkled with crushed buttery-rich shortbread cookies and toasted walnuts, these individual parfaits take less than 30 minutes to prepare. You also can make the ingredients a day ahead.

Blue Ribbon Orchard Choice and Sun-Maid California Dried Figs are readily available in the produce department or grocery aisle. Always sweet, chewy and bursting with flavor, dried figs are the perfect fruit to add to scones, quick breads, salads, compotes and desserts, or to keep on hand for a quick, energy-filled snack.

For more delightfully delicious recipes, go to www.valleyfig.com. California Dried Figs are a great source of fiber and provide a healthy amount of iron, calcium and potassium, as well as other essential nutrients.

Celebrate all your special meals this year with Sweetheart Parfaits.

Sweetheart Parfaits

Fig-Orange Sauce:

1 cup sliced, stemmed Blue Ribbon Orchard Choice or Sun-Maid Calimyrna or Mission Figs

$\frac{2}{3}$ cup orange juice

$\frac{1}{3}$ cup packed golden brown sugar

1 tablespoon orange-flavored liqueur or orange juice

$\frac{1}{2}$ teaspoon lemon juice



Always sweet, chewy and bursting with flavor, figs add flavor to many desserts.

Cheesecake Mousse:

3 ounces cream cheese, softened

$\frac{1}{8}$ cup powdered sugar

$\frac{1}{2}$ teaspoon vanilla extract

$\frac{3}{4}$ cup whipped heavy cream

Topping and Garnish:

$\frac{1}{2}$ cup crumbled shortbread cookies

$\frac{1}{4}$ cup chopped, toasted pecans or almonds

Sprigs of fresh mint, optional

To make sauce: In small saucepan, combine figs and orange juice. Bring to a boil over high heat, then reduce heat and simmer until liquid is reduced to about $\frac{1}{4}$ cup, 4 to 5 minutes. Stir in brown sugar

and simmer until liquid is syrupy, 2 to 3 minutes. Remove from heat. Stir in orange liqueur and lemon juice. Chill until serving time.

To make mousse: With wire whisk, beat cream cheese, powdered sugar and vanilla until smooth and creamy. Gently whisk in $\frac{1}{2}$ the whipped cream. With rubber spatula, fold in remaining whipped cream. (Sauce and mousse can be held in refrigerator up to 1 day.) To serve: Spoon mousse in bottom of 4 martini or champagne flutes. Smooth to an even layer. Top with fig sauce. Sprinkle with crumbled cookies and nuts. Garnish with mint. Makes 4 servings.