

# RomaCrunch® Cups with Lemon Pudding and Blackberries

## Servings

20 pieces

## Calories

25

## Prep Time

5 minutes

## Total Time

3 hours

## Skill Level

Medium

## Ingredients

2 heads RomaCrunch lettuce, bases cut off and divided into whole leaf cups

Lemon pudding (recipe below)

1 pint blackberries

¼ cup roasted, chopped pistachio meats

Lemon zest for garnish

## Lemon Pudding

6 large egg yolks, room temperature

1 cup sugar

⅓ cup cornstarch

1 tablespoon finely grated lemon zest, plus more for garnish

½ teaspoon Kosher salt

3 ½ cups whole milk

1 cup freshly squeezed lemon juice



## The Method

In a medium saucepan (off heat), whisk together yolks, sugar, cornstarch, lemon zest, salt and ½ cup of milk until smooth. Whisk in remaining 2 cups milk.



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On medium heat, bring mixture to a gentle simmer, whisking constantly. Once it reaches a simmer, the mixture will thicken. Pull off heat when it is thick enough to coat the back of a wooden spoon.

Pour mixture into a mixing bowl and place a layer of plastic wrap directly on top. Refrigerate until pudding cools completely, 2-3 hours, before serving.

Makes about 4 ½ cups of pudding.

To serve, spoon about 1 tablespoon of chilled lemon pudding into each RomaCrunch cup. Top each with a blackberry and sprinkling of roasted pistachios and lemon zest. Serve cold.

**Note:** Recipe makes approximately 20 pieces

### Nutrition Facts

Serving Size: 44g | Servings: 20

#### Amount Per Serving

Calories 25 | Total Fat 1g (sat fat 0g trans 0g) | Cholesterol 0mg | Sodium 5mg | Total Carbohydrate 3g | Dietary Fiber 1g | Sugars 2g | Protein 1g | Vitamin D 0% | Calcium 0% | Iron 0% | Potassium 0%