

Recipe for Summer Fruit Wonton Napoleans

It's imperative that you use a candy or deep-fry thermometer to keep the oil as close to 375 degrees as possible when frying up these lovelies. The napoleans are beautiful enough to serve at a party but a bit on the messy side to eat. Make sure your guests are good friends, not business associates, if you catch my drift. I also don't see why you couldn't use pastry cream, whipped cream, or even pudding for the filling if you felt you must.

Makes 4 two-tier napoleans

canola oil

8 wonton wrappers

1 tablespoon powdered sugar, or a little more for sprinkling

1/2 cup plain fat-free Greek yogurt

1-1/2 teaspoons sugar, or more to taste

a handful or two of assorted berries, sliced peaches, or cut-up fruit of your choice

Attach a candy thermometer to the side of a deep skillet. Fill to a depth of 1/2-inch with canola oil, and set over medium-high heat. When the oil reaches 375 degrees, you're ready to fry. Have a slotted spoon (or a "spider") at hand. Line a large plate with a few paper towels.

Carefully lay 1-2 wonton wrappers, no more, into the hot oil. They'll immediately puff up and bubble. Cook for about 45 seconds, gently flip, and cook about 30 seconds longer or until uniformly golden brown. Remove to drain on the paper towels.

Repeat with remaining wonton wrappers, keeping an eye on the thermometer. Adjust the burner, if necessary, to maintain the 375 degree heat.

To assemble, lay all the wontons in front of you. Place the powdered sugar in a mesh sieve and let it fall, snowflake-like, over the wontons, covering the surface as thick as you like. Stir the yogurt and sugar together in a small bowl.

Place one wonton on each of 4 plates. Dollop with a little sweetened yogurt. Top with a few berries and/or pieces of sliced fruit. Lay a second snow-covered wonton on top. Top with more yogurt and fruit. Repeat with remaining wonton pairs until you've made 4 napoleans. Serve.