

CHOCOLATE PUDDING

Chocoholics rejoice!
There's nothing like this
smooth, creamy pudding.
And it's almost as quick to
fix as instant.



- Replacing whole with skim milk reduces fat
- Using egg whites means less cholesterol
- Lower-fat cocoa powder replaces chocolate

Family Treat



PREPARATION TIME
10 minutes plus chilling
COOKING TIME
10 minutes

SERVES 4

- 2 egg whites
- $\frac{3}{8}$ cup unsweetened cocoa powder
- 2 tablespoons cornstarch
- $\frac{2}{4}$ cups skim milk, divided
- $\frac{1}{2}$ cup granulated sugar
- $\frac{1}{8}$ teaspoon salt
- 1 teaspoon vanilla extract
- Fresh strawberries, mint leaves, and unsweetened cocoa powder for garnish

1 In a small bowl, lightly beat egg whites and set aside. In a large bowl, combine $\frac{3}{8}$ cup of cocoa and cornstarch. Whisk $\frac{3}{4}$ cup of milk into cocoa mixture until completely smooth.

2 In a large heavy saucepan, combine remaining milk, sugar, and salt. Mix well. Bring to a boil over

high heat, whisking constantly. Remove pan from heat.

3 Whisk cocoa mixture into hot milk mixture. Bring to a boil over medium-high heat; boil for 2 minutes, whisking constantly. Remove pan from heat.

4 Gradually whisk 1 cup of hot cocoa mixture into the egg whites. Pour mixture back into pan. Cook over medium-low heat for 2 minutes, whisking constantly. Do not boil. Remove pan from heat.

5 Add vanilla; blend well. Pour pudding into serving dishes. Cool to room temperature. Cover and chill for 1 hour. Garnish with berries, mint leaves, and cocoa.



VARIATION

Try adding a $\frac{1}{4}$ teaspoon of ground cinnamon to the cocoa mixture in Step 2.

COOK'S TIPS



When making pudding, stir the mixture constantly as it cooks. This helps release steam; which, if it condenses, may result in a watery pudding.



To prevent pudding "skin," transfer hot pudding to a bowl or serving dishes. Lay a sheet of waxed paper directly on pudding surface. Cool as directed.

PER SERVING: Calories 210 (11% from fat) Carbohydrates 43 g Protein 9 g Sodium 100 mg Fat 3 g Cholesterol 3 mg