

Raspberry-Filled Hazelnut Meringue Cookies

(Makes 2 dozen sandwich cookies - 8 servings)

These old-fashioned European-style cookies are very easy to make and will bring raves of approval when offered by themselves or included in an array of holiday cookies.

Ingredients:

- 5 large egg whites, at room temperature
- ¼ teaspoon cream of tartar
- 1 cup superfine sugar
- 1 ½ cups (about 8 ounces) ground roasted hazelnuts (see Note)
- 3 tablespoons sugar-free raspberry jam

Directions:

- 1) Preheat the oven to 200°F. Line 2 baking sheets with parchment paper.
- 2) With an electric mixer set on medium speed, whip the egg whites and the cream of tartar until the egg whites form soft peaks. Increase the speed to high and continue to whip the egg whites, gradually adding the sugar, 1 tablespoon at a time, until stiff, shiny peaks form, about 3 minutes. Carefully fold in the ground hazelnuts.
- 3) Place the meringue mixture in a pastry bag fitted with a star tip. Pipe rounded ¾-inch S-shaped cookies onto the parchment, making 24 cookies on each prepared baking sheet. Since the cookies are delicate, pipe a few extra on each sheet to allow for breakage.
- 4) Bake until the meringues start to color, about 15 minutes, rotating the baking sheets after 8 minutes. Turn the oven off, but leave the meringues in the oven to dry for at least 4 hours or as long as 8 hours.
- 5) To fill the sandwiches, loosen the meringues from the parchment. Turn half the meringues over and spread about ½ teaspoon jam on each flat side. Top with a second meringue. Store in an airtight container and use within 2 to 3 days.

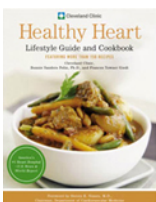
Nutritional Analysis: (per serving | 3 cookies)

- Calories: 200 (41% calories from fat)
- Total Fat: 9 g
- Saturated Fat: 0 g
- Protein: 4 g
- Carbohydrates: 28 g
- Dietary Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 35 mg
- Potassium: 145 mg

Dieticians Note:

Toasting hazelnuts and removing their skins is easy. Place on a baking sheet in a preheated 350° oven for 10 to 15 minutes, until the skins begin to flake off. Shake the pan once to prevent burning. Place in a tea towel a handful at a time and rub the nuts together or roll on the kitchen counter. Not all of the skins will come off but most will. You can then continue with your recipe.

Source:



This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).

The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.