

Decadent Chocolate Soufflé

(Makes 4 servings)

A great addition for a Valentine's Day treat!

Ingredients:

- 1 ½ teaspoons transfree margarine*
- ¼ cup plus 1 teaspoon sugar
- 1 tablespoon ground toasted almonds
- 3 tablespoons plus 1 teaspoon good-quality cocoa
- 4 large egg whites, at room temperature
- 1 tablespoon Cognac
- ½ teaspoon ground cinnamon
- 1 teaspoon confectioners' sugar
- 12 strawberries, thinly sliced



**Use an oil-based butter spread instead of a transfree margarine-such as Smart Balance® buttery oil spread or Land O'Lakes LIGHT butter with olive or canola oil.*

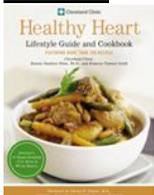
Directions:

- 1) Preheat the oven to 375°F. Grease/flour 6-ounce soufflé cups with the margarine.
- 2) Mix 1 teaspoon of the sugar with the almonds and 1 teaspoon of the cocoa. Coat the insides and bottom of the soufflé cups, tapping the sides to make sure they are coated.
- 3) Heat 2 tablespoons water with the remaining sugar in a nonstick small pot. Bring to a simmer and cook until the mixture becomes thick, about 3 minutes. Do not allow the syrup to color. Brush down the sugar crystals on the sides of the pot with a wet pastry brush as the syrup thickens. It will be quite hot so be careful.
- 4) While the sugar and water are simmering, beat the egg whites until stiff in the bowl of an electric mixer. While continuing to beat, slowly and carefully pour the hot sugar syrup into the egg whites. Add the 3 tablespoons cocoa, the Cognac, and cinnamon.
- 5) Spoon the mixture into the soufflé cups, tapping each cup to make sure there are no bubbles. Bake for 10 minutes, or until the soufflés are puffed and set. Immediately place the soufflés on dessert plates. Sift the confectioners' sugar over the tops and decorate each plate with 3 strawberries. Serve Immediately.

Nutritional Analysis: (per serving)

- Calories: 130 (17% calories from fat)
- Total Fat: 2.5 g
- Saturated Fat: 0.5 g
- Protein: 5 g
- Carbohydrates: 24 g
- Dietary Fiber: 3 g
- Cholesterol: 0 mg
- Sodium: 70 mg
- Potassium: 260 mg

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.