

1 1/2 tsp vanilla extract  
4 egg whites, unbeaten  
2 c confectioner's sugar  
2-3 T skim milk, approx.  
additional unsweetened cocoa powder  
Preheat the oven to 350  
Spray lg nonstick cookie sheet with veg oil spray

Sift the flour, cocoa, baking powder, and salt together; set aside.  
Mix together the oil, sugar, 1 tsp of the vanilla, and the egg whites until well combined.  
Sift in the flour mixture.  
Chill one hour.  
Using 1/2 T measure, scoop the dough into the cookie sheet, leaving 2 inches between cookies.  
Bake for 8-10 min or until cookies are puffed and cooked through.  
Do not over cook.

Transfer cookies to rack and cool completely.  
Mix together the confectioner's sugar, skim milk, and remaining 1/2 tsp vanilla until paste.  
Add skim milk if necessary.  
Spread a small amount of vanilla frosting on each cookie.  
Put the cookies back on the rack, dust lightly with cocoa powder, and allow the frosting to dry.  
Makes 4 dozen cookies.

#### WHAT-TO-DO-WITH-ALL-THE-EGG-YOLKS BREAD

2 1/2 tsp (1 1/4 oz envelope) active dry yeast  
1/4 c sugar  
1/4 c warm water  
3/4 c skim milk  
1/4 c butter, melted  
1/2 c canola oil  
1 T chopped orange zest  
1 tsp salt  
4 egg yolks, lightly beaten  
3 1/2 to 4 c all-purpose flour  
3/4 c. sundried cranberries  
1 c chopped pecans

Butter a 10 inch tube pan; set aside.  
In a large mixing bowl, combine the yeast, one tsp of the sugar, and warm water.  
Set aside for 10 min.  
Combine the milk, butter, oil, zest, remainder of the sugar, and salt. and stir into the yeast mixture.  
Add the egg yolks, stirring well.  
Add the flour 1/2 cup at a time, stirring well after each addition to incorporate the flour thoroughly.  
Knead 5 to 10 min until the dough is smooth, elastic and satiny.  
Knead in the cranberries and pecans.  
Put the dough back in the bowl, cover the bowl, and let the dough rise at room temp until it is doubled in bulk.  
Using a wooden spoon, beat down the risen dough for about a minute.

Place the dough into the buttered tube pan and allow it to rise at room temp until doubled.

Preheat the oven to 375  
Bake the bread for 45-50 min or until it is dark golden brown and sounds hollow when tapped.  
Place on a rack to cool or serve warm.  
Once cooled, the bread is also excellent sliced and toasted.  
Makes 1 large loaf

#### LOWFAT FETTUCCINE ALFREDO WITH ASPARAGUS

2 T finely chopped red onion  
1 1/2 c diagonally sliced asparagus with tight tips (tough ends of stalks removed)  
1 tsp (about 2 cloves) mashed and chopped BAKED garlic (see note)

1/3 c nonfat dry milk  
1 1/2 c skim milk or more as needed  
1 1/2 T Wondra instant blending flour  
2 T light process cream cheese product (NOT nonfat!)  
2/3 c. grated Parmesan cheese  
9 oz cholesterol-free fettuccine  
1/2 c. chopped arugula

Heat a med-size nonstick saute' pan.  
Remove from the heat and spray with vegetable oil spray.  
Add the onion and saute' over medium heat until limp, about 5 to 10 min.  
Add the asparagus and the garlic, cover the pan, and turn off the heat.  
(The steam from the onion will cook the asparagus)

In a large skillet, combine the dry milk and skim milk and whisk until blended.  
Add the flour, stir, and cook over medium-high heat until thickened.  
In a small bowl, add 2 T of the hot sauce to the cream cheese and stir until smooth.  
Return this mixture to the hot sauce.  
Add the Parmesan and stir until melted.  
Keep hot.  
If the mixture becomes too thick, thin with small amounts of skim milk.  
The consistency should be like cream, not gravy.

Cook the fettuccine in boiling water according to the package directions until it is al dente; drain.  
Add the hot pasta and the garlic and the vegetables to the sauce in the skillet.  
Stir and cook over med-low heat until heated through.  
Serve garnished with chopped arugula.  
Serves 4

NOTE: To bake the garlic, preheat the oven to 350.  
Place a whole head of garlic in a small baking pan.  
Drizzle one tsp of olive oil over the head of garlic;  
add 1/4 c. water to the pan.  
Bake the garlic, loosely covered with aluminum foil, for 45 to 60 min or until the cloves are soft.  
The cloves will slip right out of their skins to be mashed, chopped, or served whole.  
The whole garlic cloves can be served as a side dish with any roast meat;  
the mashed garlic cloves are also delicious mixed with hot homemade mashed potatoes.

#### FUDGE SOUFFLE'

1/2 c. unsweetened cocoa powder  
1/2 c. confectioners' sugar  
1 c. skim milk  
1/3 c. semisweet chocolate chips  
5 egg whites  
1/4 c. sugar  
1/2 tsp vanilla extract  
Lowfat whipped topping (opt.)

Whisk the cocoa powder, confectioners' sugar, and milk in the top of a double boiler over boiling water until smooth.  
Add the chocolate chips and stir until the chips are melted.  
Stir and lower the heat to simmer.

In a large bowl, beat the egg whites until soft peaks form.  
Gradually add sugar and beat until stiff peaks form.  
Fold the vanilla and 1/2 c of the chocolate mixture into the egg white mixture.

Bring the water in the bottom of the double boiler back to a boil.  
Stir the chocolate-egg white mixture into the chocolate mixture in the top of the double boiler.

Using an electric beater or whisk, beat this mixture for a minute or until it is well combined.  
Cover the double boiler and continue to cook over boiling water for 25 to 30 min or until the souffle' is puffed and set.