

Mocha Mousse

SOURCE: Cooking Light, AUGUST 2000

Egg whites must be brought to 160° to be safe (due to the risk of salmonella). This can be done without coagulating or cooking the whites (a no-no in a mousse) by combining them with sugar and beating over simmering water as we do here. The result is called an *Italian meringue*. If you don't have a double boiler, a bowl that fits over a saucepan works fine.

INGREDIENTS:

- 2 oz semisweet chocolate, chopped
- 1 TBS instant espresso granules OR 2 TBS instant coffee granules
- 1 TBS unsweetened cocoa
- 2 TBS hot water
- 2/3 C sugar
- 2 TBS water
- 1/4 tsp cream of tartar
- 3 large egg whites
- 1/3 C frozen reduced-calorie whipped topping, thawed
- 2 tsp grated semisweet chocolate

DIRECTIONS:

Combine first 4 ingredients in small saucepan - cook over low heat till chocolate melts and mixture is smooth, stirring constantly - remove from heat.

Combine sugar, 2 TBS water, cream of tartar + egg whites in top of double boiler. Place over simmering water - beat mixture at high speed of a mixer till stiff peaks form (about 4 minutes). Gently stir 1/4 of egg white mixture into chocolate mixture - gently fold in remaining egg white mixture + whipped topping. Divide mixture evenly among 4 dessert dishes. Cover/chill - sprinkle each serving with 1/2 tsp grated chocolate.

Note: To freeze, cool completely - cover and freeze - thaw in refrigerator.

Yield: 4 servings

NUTRITION PER SERVING: CALORIES 238 (23% from fat); FAT 6g (sat 3.9g, mono 1.8g, poly 0.2g); PROTEIN 4.1g; CARB 45.6g; FIBER 0.2g; CHOL 0.0mg; IRON 0.9mg; SODIUM 45mg; CALC 16mg