

Good-For-You Chocolate-Chip Cookies

SOURCE: Cooking Light, NOVEMBER 1996

INGREDIENTS:

1 1/4 C All-purpose flour
1 1/4 C Whole-wheat flour
1 tsp baking soda
1/2 tsp salt
3/4 C reduced-calorie stick margarine, softened
2/3 C sugar
2/3 C firmly packed brown sugar
1/4 C applesauce
1 tsp vanilla extract
1 large egg
1 large egg white
1/2 C reduced-fat semisweet chocolate chips
Cooking spray

DIRECTIONS:

Preheat oven to 350° F - combine first 4 ingredients in bowl - stir well - set aside. Combine margarine + sugars in large bowl - beat at medium speed till light and fluffy - add applesauce, vanilla, egg + egg white - beat well - add dry ingredients - beat at low speed till well-blended - stir in chips.

Drop dough by level teaspoons, 1" apart, onto baking sheets coated with cooking spray - bake 12 minutes or till almost set - remove from oven; - let stand 2-3 minutes or till firm - remove cookies from pans - cool on wire racks.

Yield: 5 dozen (serving size: 1 cookie)

NUTRITION PER SERVING: CALORIES 52 (35% from fat); FAT 2g (sat 0.8g, mono 1g, poly 0.5g); PROTEIN 0.8g; CARB 8.7g; FIBER 0.4g; CHOL 4mg; IRON 0.2mg; SODIUM 65mg; CALC 3mg