

Chocolate Silk Cheesecake

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Estimated Total Time: 50 minutes

INGREDIENTS

2/3 C reduced-calorie chocolate wafer crumbs (about 20 cookies)
2 TBS sugar
1 TBS water
3 oz semisweet chocolate, chopped
3 (8-oz) blocks fat-free cream cheese
1 (8-oz) block 1/3-less-fat cream cheese
1/4 tsp salt
1/2 C Dutch process or unsweetened cocoa
1/2 C hot fudge topping
1 TBS stick margarine, melted
Cooking spray
2 TBS skim milk
1-1/4 C sugar
1 TBS vanilla extract
4 large egg whites
1 C low-fat sour cream

INSTRUCTIONS

Preheat oven to 400°. Combine first 4 ingredients in bowl and toss with a fork till blended. Press crumb mixture into bottom of 9" spring-form pan coated with cooking spray. Bake 8 minutes at 400°. Cool crust on wire rack. Increase oven temperature to 525°. Combine semisweet chocolate and milk in bowl; microwave at high 45 seconds or till chocolate melts, stirring after 30 seconds - cool. Combine 1-1/4 C sugar, cheeses, vanilla and salt in food processor - process just till smooth. Add egg whites - process till blended. Add chocolate mixture, cocoa, fudge topping and sour cream - process till blended. Spoon batter into prepared pan. Bake 7 minutes at 525°. Reduce oven temperature to 250° and bake 25 minutes or till almost set. Cheesecake is done when center barely moves when the pan is touched. Remove cheesecake from oven; run a knife around outside edge and cool to room temperature - cover/chill at least 8 hours.

YIELD: 16 servings (serving size: 1 wedge).

NUTRITIONAL INFO: calories: 261 carbohydrates: 35.8 g cholesterol: 26 mg fat: 8.6 g sodium: 455 mg protein: 11 g calcium: 161 mg iron: 0.9 mg fiber: 0.1 g