

Cooking for Real People (Not Chefs!)

**SELF**  
SPECIAL  
ISSUE

# SELF Dishes

**74 Easy, Healthy Recipes**  
Juicy Burgers, Satisfying Salads, Even Dessert!

**Quickie Dinners** 18 Meals Under 30 Minutes

**Guilt-Free Grilling** Your Summer Favorites, Lightened Up!

**BONUS**  
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**Diet**  
Eat Well and  
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ice cream pie p.106

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# cravings

## Dig in!

This silky, nutty pudding tastes great *and* may fend off heart disease.



## Chocolate heaven

Satisfy your sweet tooth with these good-for-you treats. By Lesley Porcelli

**T**oday's headlines read like a cocoa fiend's dream: Dark chocolate may keep your ticker strong; it has more disease-fighting antioxidants than green tea, red wine or blueberries; and compounds found in cocoa might even protect your skin from sun damage. All of that is great news to the 48 percent of women who say chocolate is the food they crave most. Who knew something so swoonworthy

could actually improve your health? And finishing up a meal with a chocolate dessert, besides being a home run with guests, makes it seem as if you've pulled out all the stops. These three fancy-feeling treats showcase chocolate's most irresistible qualities without the extra calories and fat you'd get from a dessert at a restaurant. Sweet *and* healthy—chocolate really may be the world's most perfect food!



**Rich reward**  
Cornmeal adds filling fiber and crunch to this sweet bite.

## CHOCOLATE-HAZELNUT PUDDING

This luscious pudding offers a tasty hit of calcium to help build bones. If you can't find hazelnut-flavored chocolate, substitute  $\frac{1}{4}$  cup Nutella and use  $3\frac{1}{2}$  tbsp cornstarch instead of 2; the result will be milder in taste. Serves 4

- 2 tbsp cornstarch
- 2 cups 2 percent milk
- 3 oz gianduja (hazelnut-flavored dark chocolate), broken into small pieces
- 2 tbsp sugar
- $\frac{1}{8}$  tsp salt

Stir cornstarch with  $\frac{1}{2}$  cup of the milk in a bowl until cornstarch completely dissolves. Heat remaining  $1\frac{1}{2}$  cups milk, chocolate, sugar and salt in a small

saucepan over medium-low heat, whisking occasionally, until chocolate melts. Raise heat to medium; cook, whisking occasionally, until almost boiling (steam will rise from the surface). Stir cornstarch-milk mixture again until smooth; add to saucepan in a thin stream, constantly whisking. Bring pudding to a simmer, continuing to whisk. Simmer, constantly whisking,  $1\frac{1}{2}$  minutes more. Pour pudding into a bowl or four 5-oz cups; press plastic wrap against the surface of pudding to prevent a skin from forming. Refrigerate at least 2 hours. Serve cold.

**THE DISH** 229 calories per serving  
11.8 g fat (5 g saturated) 0.5 g fiber  
24.3 g carbs 6.5 g protein

## 30 CHOCOLATE-CORNMEAL WAFFLES

Freeze leftovers and toast for an anytime treat. Makes 3 waffles (4 squares each)

- $\frac{3}{4}$  cup stone-ground cornmeal
- $\frac{3}{4}$  cup all-purpose flour
- $\frac{1}{2}$  cup unsweetened cocoa powder
- $\frac{1}{4}$  cup granulated sugar
- 1 oz semisweet chocolate, finely grated
- 2 tsp baking powder
- $\frac{1}{2}$  tsp salt
- $\frac{3}{4}$  cup 2 percent milk
- $\frac{1}{3}$  cup vegetable oil
- 1 tsp vanilla extract
- 2 large eggs, separated
- Vegetable oil cooking spray
- $\frac{1}{4}$  cup nonfat vanilla frozen yogurt (per square)
- 1 tbsp chocolate sauce (per square)
- Fresh raspberries (optional)
- Confectioners' sugar (optional)

**Heat waffle iron.** Combine first 7 ingredients in a bowl. Stir in milk, oil and  $\frac{1}{2}$  cup water until just combined. Add vanilla, but don't stir. Add yolks to batter; stir until just combined. Beat egg whites in another bowl until they just hold firm peaks; fold whites into batter until combined. Coat waffle iron with cooking spray. Cook batter in batches, 3 to 6 minutes. Break waffles into 4 pieces; top each square with frozen yogurt and drizzle with chocolate sauce. Garnish with raspberries and confectioners' sugar, if desired.

**THE DISH** 245 calories per square (with frozen yogurt and sauce)  
7.3 g fat (1.5 g saturated) 2 g fiber  
41.1 g carbs 4.8 g protein

## RASPBERRY-CHOCOLATE ANGEL FOOD CAKE

A rich frosting balances these lighter-than-air cakes. Makes 6 cakes

- Vegetable oil cooking spray
- 8 large egg whites
- 1 tsp cream of tartar
- $\frac{1}{4}$  tsp salt
- 1 cup sugar
- $1\frac{1}{4}$  tsp vanilla extract
- $\frac{3}{4}$  cup all-purpose flour, sifted

### FILLING

- $\frac{1}{2}$  cup seedless raspberry preserves

### FROSTING

- 6 oz semisweet chocolate chips
- $\frac{3}{4}$  cup sour cream
- $\frac{1}{2}$  pint fresh raspberries

**Cake** Heat oven to 350°. Coat bottom (not sides) of a 9" x 13" baking pan with cooking spray. Beat egg whites, 1 tbsp water, cream of tartar and salt in a bowl with an electric mixer on medium-low speed until foamy. Continue to beat, adding sugar a little at a time, until batter is fluffy. Add vanilla and beat 1 minute more. Sprinkle a small amount of the flour over top of batter and fold in; repeat 8 to 10 times or until you've incorporated all the flour. Spread batter in pan, coaxing evenly into corners with a rubber spatula, and shake pan once or twice to even out surface. Bake until cake is a light golden color and surface springs back gently to the touch, 25 to 30 minutes. Run a sharp knife around edges of cake to separate it from pan. Cool on a rack 2 hours.

**Filling** Heat berry preserves in a small pan over medium heat, stirring constantly, until it reaches a gentle simmer.

**Frosting** Melt chocolate in a double boiler. Take bowl off heat; stir in sour cream.

**Assembly** Place a cutting board over cake pan; invert cake onto board. With a 2½-inch biscuit cutter or round cookie cutter, cut 12 rounds from cake. Top 6 rounds with 1 heaping tbsp of raspberry filling (you will have some left over), then place 6 remaining cake rounds on top. Spread ¼ cup frosting over top and sides. (You should have some frosting left over.) Top with raspberries. Serve immediately, or refrigerate and bring to room temperature 1 hour before serving.

**THE DISH** 303 calories per cake  
6.8 g fat (3.9 g saturated) 3 g fiber  
57.5 g carbs 5.7 g protein



## Chocolate 101

Find the right bite.

Chocolate gets its healthy buzz from flavonoids, antioxidants also found in tea, coffee and red wine. Use our guide to pick the healthiest type.

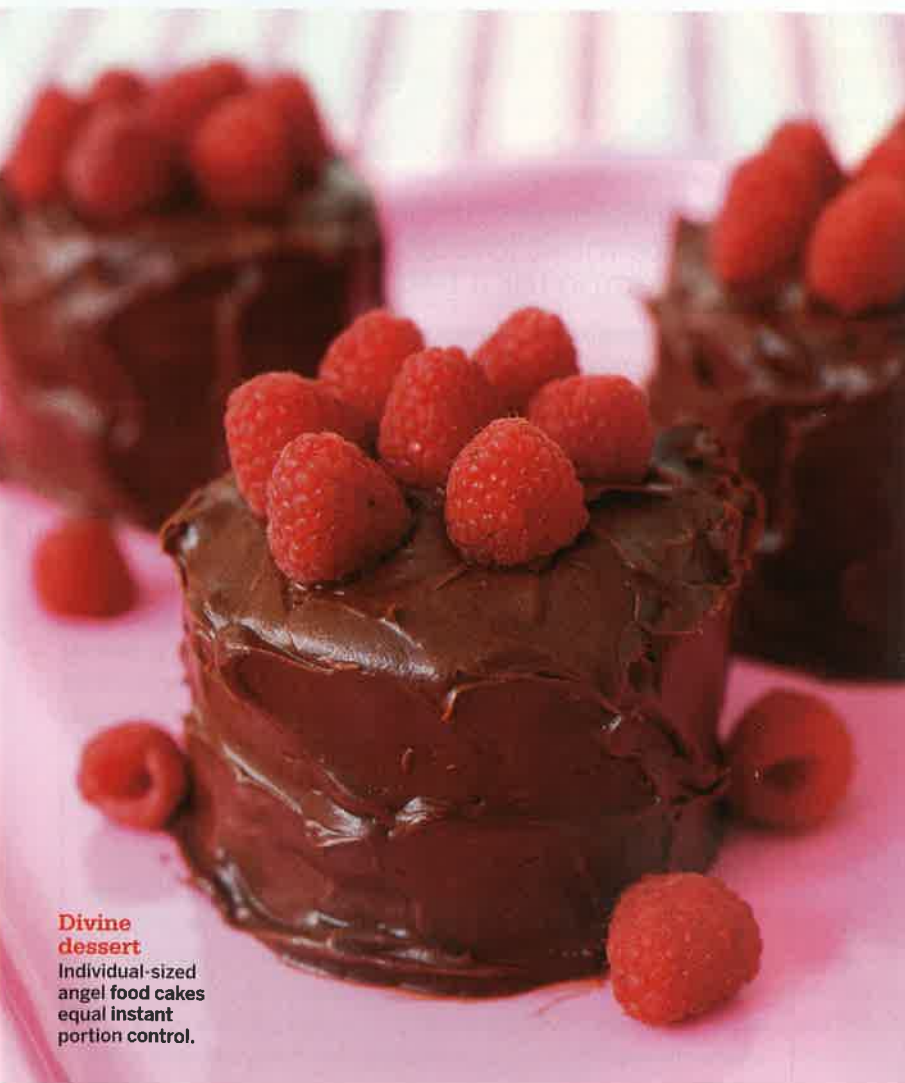
**Unsweetened natural cocoa powder**, loaded with the highest concentration of flavonoids, may cut your risk for sunburn, shows research. Skip prefab hot-chocolate mixes and make a cup at home to amp up the antioxidant count.

**Unsweetened baking chocolate** contains approximately 55 percent flavonoid-packed cocoa solids, the most in any bar form. But beware: Chocolate minus the sugar tastes awful on its own. Save it for baking brownies and cakes.

**Dark chocolate** (above) is a heart-smart snack. It's lower in calories and fat than milk or white chocolate, with more antioxidants.

**Milk chocolate** may keep your memory sharp, a study from Wheeling Jesuit University in West Virginia reveals. The sugar and caffeine increase blood flow to the brain to give you a lift.

**White chocolate** doesn't contain any cocoa powder and thus has no flavonoid benefits. If you like it, melt and drizzle it over fruit for a sweet, fiber-filled snack. —Sarah Walsh



### Divine dessert

Individual-sized angel food cakes equal instant portion control.