



LOW-FAT CHEWY CHOCOLATE CHIP COOKIES

Ingredients: [makes 18 cookies]

- 1 cup water
- 1/4 cup finely chopped dates
- 3 tablespoons unsalted butter
- 2 cups (10 ounces) unbleached all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon table salt
- 1 1/4 cups (8 3/4 ounces) packed light brown sugar
- 1 large egg
- 2 teaspoons vanilla extract
- 1/2 cup semisweet chocolate chips

Preparation:

1. Adjust oven rack to middle position and heat oven to 325°F. Line 2 baking sheets (or one big insulated sheet) with parchment paper.

2. Bring water to boil in a small saucepan over medium-high heat. Add dates and simmer until tender and most of water has evaporated, about 20 minutes. Using rubber spatula, press dates through fine-mesh strainer into medium bowl. Scrape dates remaining in strainer into bowl (you should have 1/4 cup puree). Cook butter in small saucepan over medium heat until nutty brown, about 4 minutes.

3. Whisk flour, baking soda, and salt in medium bowl. With electric mixer on medium speed, beat melted butter, brown sugar, and date puree until blended. Beat in egg and vanilla until combined. Add flour mixture and mix on low speed until just combined. Reserve 2 tablespoons chips and stir remaining chips into batter by hand.

4. **The Jagged Edge Technique** to get the craggy tops on classic chocolate chip cookies: Roll 2 tablespoons of dough into a ball. Hold the dough ball with the fingertips of both hands and pull it into two equal halves, creating jagged edges. Rotate the cookie halves together at their base so that they form a single ball. Space the balls of dough, jagged side up, 2 inches apart on the prepared baking sheets.

5. Press remaining 2 tablespoons chips evenly over cookies.

6. Bake cookies 1 sheet at a time, until edges are light golden brown and centers are soft and puffy, 15 to 18 minutes, rotating baking sheet front to back halfway through baking. Cool cookies completely on baking sheet. Serve.

Note: Cookies will keep in airtight container for up to 3 days. The use of insulated cookie sheets or Silpat baking sheet is highly recommended for stellar results.

Nutritional Information per cookie: Calories: 120 Fat: 3g Saturated Fat: 2 g

Happy eating!

This recipe was brought to you by **Gourmeted.com**. It was taken from *Cook's Illustrated Light Recipes 2008* magazine. If you have questions regarding this recipe, contact us at gourmeted@gmail.com. Step-by-step photos are available at our website, www.Gourmeted.com.