

Raspberry Custard Holiday Soufflé

Serves: 4

Ingredients

Canola cooking spray	2 Tbsp. cornstarch
2 Tbsp. plus 4 tsp. sugar, divided	1/3 cup seedless raspberry preserves
1 cup defrosted frozen, sweetened raspberries	1/2 tsp. pure vanilla extract
1 Tbsp. and 1 1/2 tsp. defrosted orange juice concentrate, divided	3 egg whites
3/4 cup low fat (1%) milk	Pinch of salt

Spray four 8- or 10-oz. individual soufflé dishes with cooking spray. Sprinkle inside of each dish with 1 tsp. of sugar and set aside. In a small bowl, mix the raspberries with 1 Tbsp. of juice concentrate and set aside.

To make the custard, in a medium nonstick saucepan, whisk together milk and cornstarch. Cover over medium heat, whisking constantly, about 1 minute, until the custard thickens. Stir in the preserves, vanilla, and 1 1/2 tsp. of juice concentrate until the preserves dissolve. Remove custard from heat. Cover surface of custard sauce with plastic wrap and cool to lukewarm. Preheat oven to 400 degrees while the custard cools.

About 20 minutes before serving time, beat egg whites in a large bowl until they are frothy. Add salt and continue beating until soft peaks form. While beating, slowly sprinkle in 2 Tbsp. of sugar. Continue beating until stiff peaks form. Gently fold in raspberries and custard with a rubber spatula until they are almost completely combined. Uncover and gently divide mixture among prepared dishes, filling each 3/4 full.

Set the dishes on a baking sheet and place on the center rack of oven. Bake 15 to 18 minutes or until centers of soufflés are soft but not liquid and tops are lightly browned. Serve immediately.

Per serving: 228 calories, <1 g total fat (<1 g saturated fat), 53 g carbohydrates, 5 g protein, 3 g dietary fiber, 133 mg sodium.