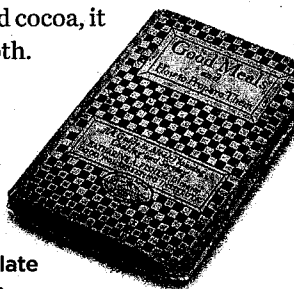


Chocolate Pudding



For a Valentine's treat, we tweaked this chocolate classic from our 1927 cookbook, *right*. Now with a double dose of antioxidant-packed bittersweet chocolate and cocoa, it will satisfy any sweet tooth.

Active time 20 minutes
Total time 25 minutes
Makes 6 dessert servings



- ½ c. sugar
- 2 c. whole milk
- 4 oz. bittersweet chocolate
- ¼ c. unsweetened cocoa
- 3 Tbsp. cornstarch
- 2 lg. eggs
- 1 tsp. vanilla extract
- Sweetened whipped cream and chocolate shavings (optional)

- 1.** In 3-quart saucepan, with wire whisk, combine sugar and 1½ cups milk; heat on medium-high until bubbles form around edge of pan. Remove from heat and add chocolate. Let stand 1 minute, then whisk until chocolate melts.
- 2.** Meanwhile, in medium bowl, whisk cocoa, cornstarch, and remaining ½ cup milk until smooth. Whisk in eggs until blended. Whisking constantly, add ½ cup hot chocolate mixture in slow stream.
- 3.** Heat chocolate mixture remaining in pan on medium-low. Whisking constantly, gradually add egg mixture to pan. Cook, whisking constantly, 10 minutes or until mixture becomes very thick and begins to bubble. Whisk in vanilla. Divide among 6 small serving cups.
- 4.** Refrigerate until cold, 4 hours or up to 2 days. Top with whipped cream and shaved chocolate.

EACH SERVING   About 255 calories, 7 g protein, 36 g carbohydrate, 11 g total fat (6 g saturated), 3 g fiber, 82 mg cholesterol, 65 mg sodium.

