Chocolate panna cottas

SERVES 8 **TIME** 35 minutes, plus at least 4½ hours to chill

Panna cotta means "cooked cream," and true to its name, our classic vanilla version of this recipe weighed in with nearly 20 grams of fat per serving. "Very rich, so smaller portions are better," noted one reader. This svelte chocolate variation has a grown-up tang and tastes indulgent—yet has only 4 grams of fat.

2 tsp. unflavored gelatin (1¼-oz. envelope)
2 cups low-fat (1%) milk, divided
¾ cup sugar
3 oz. semisweet chocolate, finely chopped
¼ cup unsweetened cocoa
1⅔ cups plain nonfat Greek yogurt
1 tsp. vanilla extract
Chocolate shavings (optional)

1. In a small bowl, sprinkle gelatin over ½ cup milk. Let stand 1 minute, then stir and let stand about 10 more minutes for gelatin to soften.

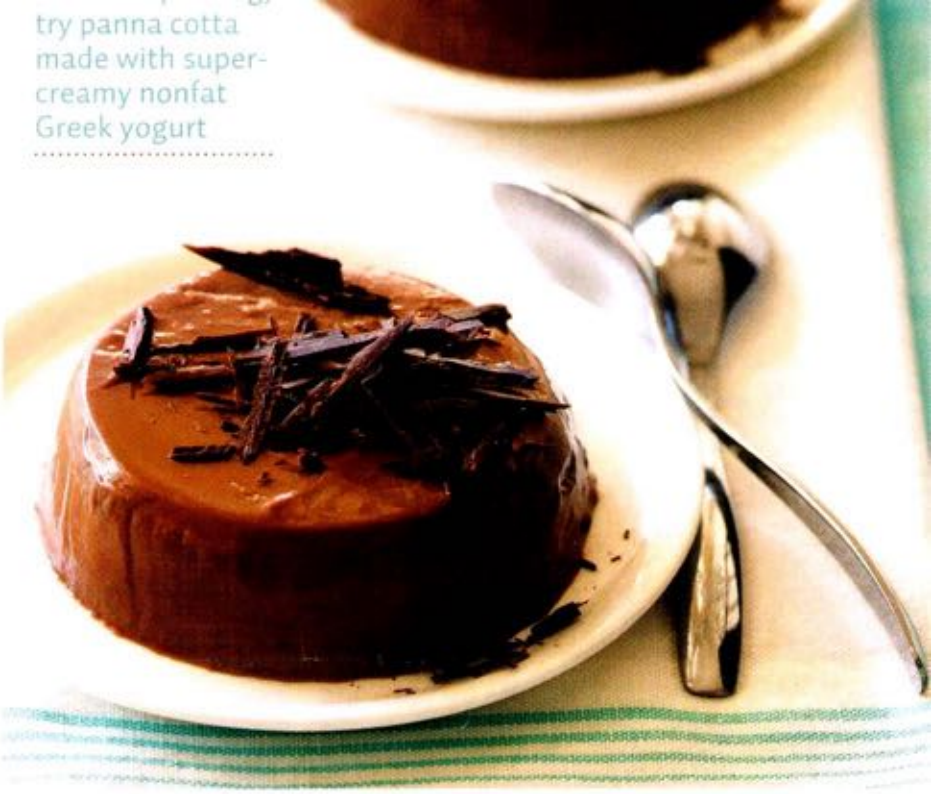
2. In a medium saucepan, whisk remaining 1½ cups milk, the sugar, semisweet chocolate, and cocoa over medium-high heat until steaming, about 3 minutes. Add gelatin mixture and whisk gently until it dissolves, 2 to 3 minutes. Let cool 15 minutes.

3. In a large bowl, whisk yogurt with vanilla until smooth. Pour and stir chocolate mixture through a fine strainer into yogurt, then whisk mixtures together.

4. Oil 8 ramekins (⅔ cup size). Divide yogurt mixture among ramekins. Chill, covered, until set, 4½ hours and up to 2 days.

5. Run a small metal spatula between panna cottas and sides of ramekins to loosen. Immerse ramekins 1 at a time to just below rim in hot water until edges of dessert soften, 20 to 30 seconds; lift out and dry bottom of ramekin. Invert a small plate over each. Hold plate and ramekin together and give a firm shake to release panna cotta, easing it out gently with the spatula if needed.

try panna cotta made with super-creamy nonfat Greek yogurt



6. Scatter chocolate shavings over desserts if you like.

PER SERVING 197 CAL., 19% (38 CAL.) FROM FAT; 11 G PROTEIN; 4.2 G FAT (2.5 G SAT.); 32 G CARBO (1.4 G FIBER); 58 MG SODIUM; 2.4 MG CHOL.

VARIATION

Blueberry cardamom panna cottas

SERVES 8 **TIME** 40 minutes, plus at least 4½ hours to chill

Almond and cardamom are two of our favorite flavors with blueberries. Follow directions for **Chocolate Panna Cottas,** but omit semisweet chocolate, cocoa, and chocolate shavings. In step 2, use only ½ cup **sugar.** In step 3, add ½ tsp. **almond extract.** Ten minutes before serving, rinse and drain 1½ cups **blueberries.** In a bowl, stir berries with 1 tbsp. sugar and ⅛ to ¼ tsp. **ground cardamom.** Stir occasionally until sugar dissolves; spoon over panna cottas.

PER SERVING 138 CAL., 5% (6.3 CAL.) FROM FAT; 10 G PROTEIN; 0.7 G FAT (0.4 G SAT.); 23 G CARBO (0.6 G FIBER); 58 MG SODIUM; 2.4 MG CHOL. ■

Dessert as health food?

When you make smart choices, dessert can actually be good for you

Load up on calcium Most of us don't get enough. Steer toward low-fat options like the milk and yogurt used in our panna cottas (at left). Or try our homemade frozen yogurt—get the recipe at *sunset.com/frozenyogurt*

Focus on fruit You can't go wrong in summer with so many delicious, good-for-you choices; berries, in particular, are loaded with antioxidants, fiber, and vitamin C.

Think protein Desserts made with eggs and dairy products—the recipes here, plus soufflés, custards, and puddings—satisfy your hunger even after their sweetness fades, reducing your desire to keep on eating.