

# Chocolate Meringue Cookies

## Ingredients:

½ cup semisweet chocolate chips

3 large egg whites, at room temperature

½ teaspoon cream of tartar (optional)

1/3 cup sugar

1 teaspoon vanilla

½ cup finely chopped, toasted nuts, such as walnuts, pecans or almonds (optional)

## Instructions:

- Preheat oven to 250 degrees. Line 2 cookie sheets with parchment paper.
- Place the chocolate chips in a microwave-safe container, and microwave, uncovered on high, for 1 minute. Remove the chips from the oven, and stir until they are completely melted.
- Using an electric mixer, beat the egg whites and cream of tartar, if using, on medium speed until soft peaks form, about 1 minute. With the mixer running on low speed, add the sugar slowly and mix it in. Increase the mixer speed to high. Continue to beat until the egg whites are stiff but not dry, about 1 minute more. Using a spoon or spatula, gently fold the melted chocolate and finally into the egg whites. Gently stir in the nuts, if using.
- Spoon the mixture into a gallon-size, sipper-top plastic bag. Use scissors to cut a small opening in one corner of the bag. Squirt the meringue onto the parchment paper in bite-size dollops about the size of a quarter. The cookies do not expand as they bake, so they can be placed close together.
- Place both baking sheets into the oven at the same time. Bake for 1 hour (it isn't necessary to rotate the sheets during baking). Remove the cookies from the oven, and allow them to cool completely, about 30 minutes.
- Peel them off the parchment. Store the cookies in an airtight container at room temperature.

## Nutrition Facts per Cookie:

18 calories

0 protein

0 g carbs

0 fiber

1 g fat (0 saturated)

0 cholesterol

6 mg sodium