

Belgian Waffles with Fruit and Whipped Cream

Journal as: 2 pieces of "waffle/pancake/French toast"

To lighten waffles, use less fat in the batter, and turn to a flavorful substitute (like low-fat buttermilk). Use a nonstick waffle iron, so you can get away with just a little canola cooking spray. You can make these with reduced-fat Bisquick and substitute low-fat buttermilk for the milk called for in the package directions (you may have to add a bit more because buttermilk is thicker than regular milk). Or make your batter from scratch, as here.

I like to serve waffles with fruit (fresh, or unsweetened frozen), a quick dusting of powdered sugar, and a small dollop of Lite Cool Whip or light whipping cream. The Lite Cool Whip will only cost you about 40 calories and 2 grams of fat, and it adds a fun touch.

2 large egg whites
1 egg yolk
2 tablespoons egg substitute
5 tablespoons granulated sugar (or use 3 tablespoons sugar plus 2 tablespoons Splenda)
2 teaspoons vanilla extract
2 1/2 tablespoons canola oil
1/3 cup fat-free sour cream (or use light sour cream)
1 teaspoon salt
2 3/4 cup self-rising flour (or 2 2/3 cup regular flour plus 4 teaspoons baking powder)
2 1/8 cups low-fat buttermilk

- In mixing bowl, beat egg whites until they form soft peaks. Spoon into a small bowl and set aside.
- In same mixing bowl, beat together egg yolk, egg substitute, and sugar. Then beat in the vanilla extract, canola oil, sour cream, and salt until smooth. Alternate adding the flour mixture and the buttermilk, in small batches, until both are incorporated into the batter.
- Fold the egg whites into the batter in mixing bowl. Let the batter stand for about 40 minutes or cover and refrigerate overnight.
- Coat preheated nonstick waffle iron with canola cooking spray. Pour batter onto the waffle iron in amounts suggested by the waffle iron manufacturer (around 1/3 to 1/2 cup, depending on your waffle iron). Cook until waffles are golden brown on the outside.

Yield: 6 servings (about 2 square Belgian Waffles each)

Per serving: 350 calories, 12 g protein, 58 g carbohydrate, 7.8 g fat, 1.3 g saturated fat, 4 g monounsaturated fat, 2.2 g polyunsaturated fat, 38 mg cholesterol, 2 g fiber, 810 mg sodium. Calories from fat: 20%. (NOTE: You can use 1 1/3 cup whole-wheat flour + 1 1/3 cup white flour to give each serving 4 grams of fiber.)