

Valentine's Day Treats

Low in Calories, Big in Flavor

Most of us have been working hard since the first of the year to shed those extra pounds we put on while indulging in those delicious holiday meals. Don't let Valentine's Day treats de-rail all your hard work. You can enjoy those chocolaty treats without consuming too many calories. Here are seven different treats that are under 100 calories, just remember to only eat the one serving. This is also a good guide to use when giving your children sweet treats.

1. Hershey's Kisses (3 = 77 calories)
2. Hot Tamales (10 = 75 calories)
3. Godiva Dark Chocolate Truffle Heart Biscuit (1 = 53 calories)
4. Wonka Sweetarts (12 = 75 calories)
5. Russell Stover Milk Chocolate (1 piece = 70 calories)
6. Small Conversation Hearts (15 = 75 calories)
7. Strawberry dipped in 1 Tbsp melted semisweet morsels (1 = 75 calories)

Here are also a couple of desserts that would be perfect for your special Valentine, but again with moderate calories. You don't have to blow your calorie limit for the day to enjoy a sweet end to your meal.

Lemon Meringue Tart for Two

Ingredients

All-purpose flour, for dusting
1 large egg, at room temperature, separated
2 tablespoons plus 4 teaspoons sugar, divided
2 teaspoons cornstarch
1/4 cup water
1 teaspoon freshly grated lemon zest
2 tablespoons lemon juice
1/8 teaspoon vanilla extract

Preparation

1. Preheat oven to 375°F.
2. Prepare Crust for Two.

3. Dust a work surface with flour and turn the dough out onto it. Dust the dough with flour and roll into an 8-inch circle, dusting with flour as necessary to prevent sticking. Transfer the crust to a 6-inch tart pan with 1-inch sides and removable bottom (see Sources or Equipment Tip). Press the crust into the bottom and up the sides, folding the overhanging dough back into the pan to form double-thick sides. Prick the bottom and sides with a fork.
4. Bake the crust until lightly browned, 20 to 22 minutes. Set aside to cool for 10 minutes. Increase the oven temperature to 425°.
5. While the crust is cooling, whisk egg yolk and 2 tablespoons sugar in a medium bowl until thick and pale yellow, about 1 minute. Whisk in cornstarch until combined.
6. Bring water, lemon zest and lemon juice to a boil in a small saucepan over medium heat. Remove from the heat. Whisk about half the lemon mixture into the yolk mixture in a slow, steady stream. Whisk the combined mixture back into the remaining lemon mixture in the pan. Return the pan to the stove and cook over low heat, whisking constantly, until thickened and pudding-like, 1 to 3 minutes. Pour into the prepared crust and spread evenly to the edges.
7. Beat egg white in a small bowl with an electric mixer at medium-high speed until soft peaks form. Beat in the remaining 4 teaspoons sugar in a slow, steady stream until stiff peaks form. Beat in vanilla. Mound the meringue over the warm filling; spread to the crust's edges, forming peaks with a rubber spatula.
8. Bake the tart until the meringue is lightly browned, about 8 minutes. Let cool on the baking sheet for 10 minutes, then transfer to a wire rack and cool to room temperature before serving.

Makes: 2 servings

Nutrition

Per serving: 360 calories; 15 g fat (5 g sat, 5 g mono); 121 mg cholesterol; 49 g carbohydrates; 6 g protein; 2 g fiber; 182 mg sodium; 70 mg potassium.

Carbohydrate Servings: 3

Exchanges: 1 1/2 starch, 2 other carbohydrate, 3 fat

Angel Food Cupcakes

Ingredients

Cupcakes

12 large egg whites (1 1/2 cups)
1 1/2 tsp cream of tartar
3/4 cup granulated sugar
2 tsp vanilla extract

1 3/4 cups powdered sugar (sift before measuring)
1 1/8 cups cake flour (sift before measuring)
1/4 tsp salt

Frosting

1/2 pint heavy whipping cream
2 Tbsp sugar
1 tsp vanilla

Directions:

Let egg whites sit at room temperature for about one hour before beginning. While eggs are resting, measure out powdered sugar and flour, then sift powdered sugar, flour and salt together. Set aside. Line a cupcake tin (or two) with cupcake liners.

Preheat oven to 350 F and place rack in the bottom third of oven.

Using an electric or stand mixer, beat egg whites until frothy. Once frothy, add in cream of tartar, then beat at medium speed until soft peaks form. This took me about 5-6 minutes. Gradually add granulated sugar with the mixer still on medium speed, continuing to beat until egg whites thicken a bit more with opaque, soft, droopy peaks. Then beat in vanilla extract.

Remove the bowl from the mixer and sprinkle 1/3 of the dry ingredients over the egg whites. Fold gently with a spatula until combined completely. Repeat with remaining dry ingredients.

Once batter is smooth, pour heaping scoops of batter into each liner — they won't rise much, if any. Bake for 18-19 minutes or until tops are golden brown. Let cool completely.

To make the frosting, beat the frosting ingredients on high until fluffy and thickened, about 4-5 minutes.

Makes: 3 Dozen Cupcakes

Nutrition

Per Cupcake: 81 calories; 2.2 g. fat; 9 mg. cholesterol; 36 mg. sodium; 13.4 g. carbohydrate; 0 g. fiber; 1.6 g. protein

From EatingWell: [June/July 2006](#) and slightly adapted from [How Sweet It Is](#) and [Gourmet](#).

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