

Coconut Macaroons

For chocolate-dunked macaroons, simply dip the cooked, coconut-rich morsels into melted semi-sweet chocolate. You can also fold toasted slivered almonds into the coconut mixture before baking. And for perfectly cooked macaroons, bake them one baking sheet at a time so they bake evenly.

Prep time: 15 minutes

Cooking time: 20 minutes

2/3 cup fat-free sweetened condensed milk

1 large egg white

2 teaspoons vanilla extract

Pinch of salt

3 1/2 cups shredded sweetened coconut (14-ounce bag)

Preheat the oven to 325°F. Line two baking sheets with parchment paper. Set aside.

Whisk together the condensed milk, egg white, vanilla and salt. Fold in the coconut until well blended. Drop the dough by tablespoonfuls onto the prepared pans, about 2 inches apart. Bake for 20 minutes, until golden brown. Cool the pans on racks until the macaroons are completely cool.

Makes 24 cookies