

No-Bake Chocolate Cream Cake

¾ cup pecan halves
2½ cups water
1½ cups packed brown sugar
¼ cup unsweetened cocoa
1 cup uncooked couscous
1 Tbs. vanilla extract
10-oz. package semisweet chocolate chips
2 (10½ oz.) packages or 1¾ (12.3 oz.) packages firm "Lite" silken tofu, at room temperature. If "Lite" type is not available, regular silken tofu will work fine.
3 Tbs. maple syrup or honey

Preheat oven to 300 degrees. Place pecans on baking sheet and toast in oven until golden, about 20 minutes. Let cool, then transfer pecans to food processor and process until coarsely ground.

In medium saucepan, mix water, sugar, cocoa and couscous. Bring to a simmer and cook, stirring occasionally, until thickened and couscous is tender, 5 to 10 minutes. Remove from heat and stir in vanilla. Spread mixture into ungreased 9-inch springform pan. Sprinkle ¼ cup ground pecans over top.

In small saucepan or double boiler, melt chocolate chips over low heat, stirring constantly. Alternatively, put chocolate chips into medium microwave-safe bowl and microwave on medium, until melted, for 2 to 5 minutes. Stir until smooth. Transfer to food processor or blender, add tofu and maple syrup, then process until smooth and creamy. Pour filling over couscous layer and top with remaining ground pecans. Refrigerate until cake is set, about 2 hours. Serve cold.

12 servings

Per serving: 383 calories; 8g protein; 13g fat (5g saturated fat); 60g carbohydrate; 0mg cholesterol; 56mg sodium

Source: *Friendly Foods* by Ron Pickarski (Ten Speed Press, 1991)