

Triple Chocolate Cookies

You'd never think by tasting these sinful-seeming treats that they are actually better for you than most cookies. With their powerful chocolate chunk flavor and soft texture, all you'll be able to think is "yummmm."

¼ cup (½ stick) unsalted butter, softened
½ cup firmly packed dark brown sugar
¼ cup granulated sugar
¼ cup canola oil
1 large egg
1 teaspoon vanilla extract
½ cup all-purpose flour
½ cup whole-wheat pastry flour or regular whole-wheat flour
¼ cup unsweetened natural cocoa powder
¼ teaspoon salt (optional)
2 ounces good-quality dark chocolate (60–70% cocoa solids), coarsely chopped
2 ounces milk chocolate, coarsely chopped
⅔ cup chopped pecans (optional)

SERVES 24	PROTEIN: 1G:
SERVING SIZE:	CARB: 13G:
1 COOKIE	FIBER: 1G:
	CHOL: 15MG:
PER SERVING	SODIUM: 7MG
CALORIES: 110:	
TOTAL FAT: 6G	
MONO: 2G,	
POLY: 1G;	
SAT: 2.5G,	

Preheat the oven to 350°F.

In a large bowl, mash together the butter and sugars with a fork until well combined. Add the oil and egg and beat until creamy. Mix in the vanilla.

In a medium bowl, whisk together the flours, cocoa, and salt, if using. Add the flour mixture to the butter mixture and mix well. Stir in both chocolates and, if desired, the pecans, and mix well. Using a tablespoon, scoop the batter onto an ungreased cookie sheet. Bake until the cookies are just set, about 12 minutes. Transfer the cookies to a rack to cool. Store the cookies at room temperature in an airtight container, where they will keep for up to 4 days.