

## The No-Oil-Added Chocolate Torte

### Torte

- ½ c. all-purpose flour
- ½ c. minus 1 T. whole-wheat pastry flour
- ¼ cup plus 1 T. unsweetened Dutch-process cocoa powder
- ¼ c. sugar, finely ground in blender
- 1 ½ T. arrowroot powder or cornstarch
- 1 t. aluminum-free baking powder
- 1 t. baking soda
- ½ t. fine sea salt
- ¼ t. ground cinnamon
- ½ c. unsweetened full-fat coconut milk (do not use light), stirred
- ½ c. almond milk or water
- ½ c. grade B pure maple syrup
- 1 t. vanilla extract
- 1 t. chocolate extract, optional
- 1 t. apple cider vinegar

### Bittersweet Ganache Glaze

- 8 oz. dark chocolate (70% to 72%), finely chopped
- 1 ¼ c. almond milk or soymilk
- 2 T. sugar
- 1 pinch fine sea salt
- 1 ¼ t. pure vanilla extract
- 2 t. mild-flavored olive oil, optional

1. To make Torte: Preheat oven to 350 degrees. Oil sides and bottom of 9-inch cake pan, and line with parchment circle.
2. Sift flours, cocoa, sugar, arrowroot, baking powder, baking soda, salt, and cinnamon into bowl. Whisk to aerate.
3. Whisk together coconut milk, almond milk, maple syrup, vanilla, chocolate extract and vinegar. Whisk dry mixture into wet mixture until smooth. Pour into prepared pan and bake 25 to 30 minutes or until toothpick inserted into center comes out clean or with just a few moist crumb.
4. Cool Torte in pan on wire rack, 10 minutes. Run thin knife around Torte, and invert onto rack. Peel off parchment paper. Invert Torte again, top side up, on rack to cool completely. Chill 30 minutes.
5. To make Bittersweet Ganache Glaze: Place chocolate in bowl. Bring almond milk, sugar, and salt to a simmer in saucepan. Pour hot milk over chocolate to submerge completely. Cover bowl with a plate, and let stand 4 minutes. Add vanilla and oil (if using), and whisk from center out until smooth and glossy. Strain ganache into bowl, and let thicken at room temperature 15 to 25 minutes, or until ganache coats a spoon thickly, but remains pourable.
6. Pour cooled glaze over cooled Torte. Chill until glaze is set.

Per slice: 276 cal. 4 g prot; 14 g total fat; 41 g carb; 0 mg chol; 305 mg sod; 4 g fiber; 24 sugars

## Lettuce Cups

1 pound firm, water-packed tofu cut into 1/4-inch thick slices (or 1 pound baked tofu, cubed, then follow steps 6-9 below)

3 tablespoon reduced sodium soy sauce

1 medium finely diced onion

8 ounce can chopped chestnuts

2 tablespoons Kikkoman Takumi Teriyaki Garlic and Green Onion Sauce

Juice of 1/2 lime

Rind of 1/2 lime

1/2 tablespoon safflower oil

1 head chilled butter lettuce

### To bake tofu

1. Preheat the oven to 350 degrees
2. Pour soy sauce in a 9 X 13-inch glass dish.
3. Line the dish with the tofu slices, then turn the slices once before baking.
4. Bake for about 30 minutes.
5. When cooled, cut the tofu into 1/4 inch cubes.

### For mixture

6. On a medium heat, in a nonstick skillet or well seasoned cast iron frying pan, saute' the onions in oil until brown and caramelized.
7. Add the chopped chestnuts and cubed tofu and mix well.
8. Pour the teriyaki sauce and lime juice over the mixture and combine well.
9. Serve 1/4 cup of the mixture on top of one lettuce leaf.

Serves 4 - 3 leaves. Per serving 167 calories, 5 g. Fat, 465 mg. sodium, 14.6 g. Carbs., 3.4 g. Fiber, 10.3 g. Protein.