

Coconut Potato Macaroons

Using potatoes in this cookie recipe helps keep the moist texture on the inside of the macaroon while the crisp golden coconut keeps the crunch on the outside.

1 large long white Ontario potato (about 8oz/250g), peeled and cubed
3/4 cup (175 mL) granulated sugar
2 tsp (10 mL) vanilla
1/4 tsp (1 mL) salt
2 egg whites
2 bags (200 g each) flaked sweetened coconut
8 glacee or maraschino cherries, quartered
In saucepan, cover potatoes with water and bring to boil. Boil for about 12 minutes or until tender. Drain well and mash or put through ricer or strainer into bowl. Whisk in sugar, vanilla and salt. Let cool completely.

Meanwhile, whisk egg whites until foamy. Add coconut and cooled potato mixture and stir until well combined. Drop by tablespoonfuls (15 mL) into mounds about 2 inches (1 cm) apart onto parchment paper lined baking sheet. Top each with quarter of cherry. Bake in 325 F (160 C) oven for about 35 minutes or until golden brown. Let cool completely in pan on rack.

Tip: Cookies can be stored in airtight container at room temperature for about 1 week or frozen for up to 2 weeks.

Per 1 cookie serving: 90 calories, 1 g protein, 4.5 g fat, 12 g carbohydrates, 1 g fibre, 60 mg sodium, 30 mg potassium

