

Pinto Bean Fudge

1 can (15 oz) pinto beans - rinse and drained
1 cup baking cocoa
3/4 cup butter or stick margarine, melted (I use "light" margarine)
1 TBS vanilla extract
7 1/2 cups confectioner's sugar (this equates to a 2 lb bag)
1 cup chopped walnuts

In a microwave-safe dish, mash beans with a fork or potato masher until smooth; cover and microwave for 1 1/2 minutes or until heated through. Add cocoa, butter and vanilla (mixture will be thick). Slowly stir in sugar; and nuts. Press mixture into a 9" square pan coated with non-stick cooking spray. Cover and refrigerate until firm. Cut into 1" pieces. Yield: about 3 1/2 lbs (81 pieces).

One piece equals 76 calories; 3 g fat and 1 g fiber.

If you use "light " margarine and reduce nuts to 1/2 cup, this makes each piece 1 WW point!

Thank you, DH