Chocolate Cake

Ingredients:
• Nonstick cooking spray (Crisco)
• 1 cup firmly packed light or dark brown sugar
• 1/4 cup canola or vegetable oil, or trans-fat-free tub margarine spread
• 1 large egg
• 2 large egg whites
• 3 ounces semisweet or bittersweet chocolate, melted and cooled
• 1/2 cup beet puree
• 1/2 cup lowfat (1%) buttermilk
• 1 teaspoon pure vanilla extract
• 2 cups all-purpose flour
• 1 teaspoon baking soda

Cream Cheese Frosting
• 1 (8 ounce) pkg. reduced-fat cream cheese
• 3/4 cup confectioners’ sugar
• 1/2 cup unsweetened cocoa powder
• 1 tablespoon pure vanilla extract

Directions:
1. Preheat oven to 350°F. Coat a 9-inch baking pan with cooking spray.
2. In a large mixing bowl of an electric mixer, beat the brown sugar with the oil or margarine until creamy. Add the whole egg and egg whites one at a time, beating well after each addition. Beat in the melted chocolate, beet puree, buttermilk, and vanilla.
3. Add the flour, baking soda, and salt, and beat until smooth.
4. Pour the batter into the pan and bake until a toothpick comes out clean when inserted into the center, 35 to 40 minutes. Let the cake cool 5 min. in the pan before turning it out onto a rack to cool completely.
5. Meanwhile make the frosting. Beat the cream cheese with the confectioners’ sugar, cocoa powder, and vanilla until smooth. Slice the cake in half horizontally. Spread the frosting over the top and between the layers of the cooled cake.

for more recipes visit
www.und.edu/health-wellness/wellness/