



TEXAS SHEET CAKE

May 19, 2010

Best Cake. In our early days, we often used applesauce to replace fat and keep calories in check in desserts. In 2000, we used butter in a recipe that's nutritionally sound yet boasts rich, moist texture and flavor. —Recipe by Maureen Callahan (March 2000)

Yield: 20 servings (serving size: 1 slice)

Cooking spray
2 teaspoons all-purpose flour
2 cups all-purpose flour (about 9 ounces)
2 cups granulated sugar
1 teaspoon baking soda
1 teaspoon ground cinnamon
¼ teaspoon salt
¾ cup water
½ cup butter
½ cup unsweetened cocoa, divided
½ cup low-fat buttermilk
1 tablespoon vanilla extract, divided
2 large eggs
6 tablespoons butter
⅓ cup fat-free milk
3 cups powdered sugar
¼ cup chopped pecans, toasted

1. Preheat oven to 375°.
2. Coat a 13 x 9-inch pan with cooking spray, and dust with 2 teaspoons flour. Set aside.
3. Lightly spoon 2 cups flour into dry measuring cups; level with a knife. Combine 2 cups flour and next 4

ingredients (through salt) in a large bowl, stirring well with a whisk. Combine ¾ cup water, ½ cup butter, and ¼ cup cocoa in a small saucepan; bring to a boil, stirring frequently. Add to flour mixture. Beat at medium speed with an electric mixer until well blended. Add buttermilk, 1 teaspoon vanilla, and eggs; beat well. Pour batter into the prepared pan. Bake at 375° for 22 minutes or until a wooden pick inserted in center comes out clean. Place on a wire rack.

4. Combine 6 tablespoons butter, fat-free milk, and remaining ¼ cup cocoa in a saucepan; bring to a boil, stirring constantly. Remove from heat. Gradually stir in powdered sugar and remaining 2 teaspoons vanilla. Spread over hot cake. Sprinkle cake with pecans. Cool completely on wire rack.

Nutrition Information

CALORIES 298 (30% from fat); FAT 10g (sat 5.5g, mono 3.2g, poly 0.7g); IRON 1.1 mg; CHOLESTEROL 44mg; CALCIUM 25 mg; CARBOHYDRATE 49.8; SODIUM 188 mg; PROTEIN 3.1g; FIBER 0.5g

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CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM

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