

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR  
LESS



## 1 Quick Recipe: Lemon Cake Topped with Best-of-Season Strawberries!

### Light Lemon Yogurt Cake:

1 Cup All Purpose Flour \*\*  
 ½ Cup Whole Wheat Flour\*\*  
 2 Tsp Baking Powder  
 2 Tsp Lemon Zest  
 ½ Cup Nonfat Plain Yogurt  
 1 Cup Sugar  
 2 Large Eggs  
 2 Large Egg Whites  
 ½ Cup Canola or Grapeseed Oil

### The Frosting

1 TB Fresh Lemon Juice  
 1 TB Lemon Zest  
 4 OZ Neufchatel or Cream Cheese  
 ½ Cup Powdered Sugar

**Step One** Preheat the oven to 350F. Spray a 8-inch springform pan with nonstick cooking spray and line the bottom of the pan with a parchment round.

**Step Two** Place the flours, baking powder, and zest in a bowl, stir to combine.

**Step Three** In a large bowl; combine the yogurt, sugar, eggs and whites, stirring until blended. Add the flour mixture to the yogurt mixture, then add the oil and stir to incorporate.

**Step Four** Pour the batter into your prepared pan. Bake for 30-35 minutes, until the cake feels springy to the touch and a toothpick inserted into the center comes out clean. Cool the cake for 15 minutes. (Making cupcakes? Check them for doneness at 15 minutes for minis and 20 minutes for regular-sized cupcakes.)

**Step Five** Run a knife around the edge of the pan, and remove it from

the pan. With a hand mixer, (or a stand mixer) combine the ingredients for the frosting and whip until creamy. When the cake is cool, split in half and frost the middle layer and the top. OR, frost the cupcakes.

## 2 Kitchen Smidgen

If you'd like to make the cake like the picture above, slice strawberries and either sprinkle with a little sugar OR some limoncello liqueur. Let set for about 15 minutes to macerate before piling them into the middle of the cake, and on top.

## 3 Get Creative

You can make this delicious cake with 1½ cups Whole Wheat PASTRY FLOUR instead of the All Purpose Flour and Whole Wheat Flour if you prefer to add a little more fiber to this treat!

## 4 WINE FIND of the Week

Toad Hollow Risque Sparkler  
 Limoux France  
 Total Wine about \$15.00

Here's a wine that you can serve up to family and friends for the upcoming holiday - and it will please everyone with its lightly sweet fruit flavor and fizz. Made in France in the "Ancestral Style" its a super pair for fruity desserts like this luscious lemon cake.