



Pineapple-Coconut Layer Cake

10

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Pineapple-Coconut Layer Cake

Makes: 16 servings

Active time: 1¼ hours **Total:** 2½ hours

Equipment: Two 9-inch round cake pans

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In this stunning dessert, two layers of coconut-flavored cake are filled with sweet pineapple curd and topped with creamy coconut frosting, chunks of fresh pineapple and toasted coconut.

Cake

1½ cups cake flour

1 cup whole-wheat flour, preferably white whole-wheat

2 teaspoons baking powder

¼ teaspoon salt

¾ cup granulated sugar

½ cup honey

⅓ cup canola oil

3 tablespoons butter, melted

¾ cup nonfat buttermilk (see Tip, page 11) or milk

2 tablespoons coconut rum or dark rum

2 teaspoons coconut extract

3 large eggs, separated (reserve 2 yolks for pineapple curd)

Pineapple Curd

2 large egg yolks

1 6-ounce can pineapple juice (¾ cup)

¼ cup granulated sugar

5 teaspoons cornstarch

Frosting & Garnish

12 ounces reduced-fat cream cheese (Neufchâtel), at room temperature

⅓ cup confectioners' sugar, sifted

1 teaspoon coconut extract or rum

Pinch of salt

1½ cups finely diced fresh pineapple, divided

2 tablespoons toasted coconut

1. To prepare cake: Preheat oven to 350°F. Coat two 9-inch cake pans with cooking spray.

2. Sift cake flour, whole-wheat flour, baking powder and ¼ teaspoon salt into a medium

bowl. Beat ¾ cup sugar, honey, oil and melted butter in a large bowl with an electric mixer on medium speed until well blended. Whisk buttermilk (or milk), rum and coconut extract in a small bowl. With the mixer on low speed, alternately mix the dry ingredients and the wet ingredients into the sugar mixture, starting and ending with dry ingredients and scraping the sides of the bowl as needed, until just combined.

3. Clean and dry the beaters. Beat 3 egg whites in a medium bowl with the electric mixer on medium-high until soft peaks form. Gently fold the whites into the batter in two additions until just combined. Divide the batter between the prepared pans, spreading to the edges.

4. Bake the cake until a toothpick inserted in the center comes out clean, 26 to 30 minutes. Cool in the pans on a wire rack for 10 minutes. Turn out and let cool to room temperature, about 1 hour.

5. To prepare curd: Whisk 2 egg yolks, pineapple juice, ¼ cup sugar and cornstarch in a small saucepan. Cook over medium-low heat, whisking constantly, until thick and beginning to bubble, 3 to 5 minutes. Let cool completely.

6. To prepare frosting & assemble cake: Beat cream cheese, confectioners' sugar, extract (or rum) and a pinch of salt in a medium bowl with an electric mixer until smooth and creamy.

7. Place one cake layer, top-side down, on a cake stand or plate. Spread evenly with the pineapple curd, stopping just short of the edge. Scatter ½ cup diced pineapple over the curd. Place the remaining layer, top-side up, on top. Spread the frosting over the top and sides. Decorate the top with the remaining 1 cup pineapple and toasted coconut.

Per serving: 318 calories; 13 g fat (5 g sat, 5 g mono); 45 mg cholesterol; 46 g carbohydrate; 24 g added sugars; 6 g protein; 1 g fiber; 203 mg sodium; 113 mg potassium.

Nutrition bonus: Vitamin C (15% daily value).

Carbohydrate Servings: 3

Exchanges: 3 carbohydrates (other)





Blueberry Cupcakes

Makes: 12 cupcakes

Active time: 45 minutes **Total:** 2¼ hours (including cooling time) **To make ahead:** Store unfrosted cupcakes airtight at room temperature for up to 1 day. **Equipment:** Muffin tin with 12 (½-cup) cups, paper liners

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The “secret ingredient” in these coconut-infused blueberry cupcakes—mashed potatoes—gives the cake great texture, almost like pound cake. The fluffy frosting, which is low in calories and fat, stiffens as it stands, so put it on the cupcakes right after you make it.

Cupcakes

- 1 large Yukon Gold potato, peeled and cut into small chunks
- ¾ cup whole-wheat pastry flour (see *Tip*, page 11)
- ¾ cup cake flour
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¾ cup granulated sugar
- ¼ cup canola oil
- 1 large egg
- ½ teaspoon coconut extract or vanilla extract
- ½ cup nonfat buttermilk (see *Tip*, page 11)
- 1 cup blueberries, fresh or frozen (thawed and drained), plus fresh blueberries for garnish

Frosting

- ¾ cup granulated sugar
- 3 tablespoons water
- 4 teaspoons dried egg whites, reconstituted according to package directions (equivalent to 2 egg whites)
- ¼ teaspoon cream of tartar
- Pinch of salt
- 2-3 tablespoons blueberry preserves or jam
- ¼ teaspoon coconut extract or vanilla extract

1. To prepare cupcakes: Preheat oven to 350°F. Line 12 (½-cup) muffin cups with paper liners.

2. Place potato in a saucepan, add water to cover and bring to a boil. Cook until tender, 8 to 10 minutes. Drain and mash until very smooth. Measure out ¾ cup and let cool slightly. (You may have some potato left over.)

3. Whisk whole-wheat flour, cake flour, baking powder, baking soda and ½ teaspoon salt in a medium bowl.

4. Beat granulated sugar and oil in a large mixing bowl with an electric mixer on medium speed until combined. Beat in egg, ½ teaspoon extract and the ¾ cup mashed potatoes until combined. With the mixer on low, alternately mix in the dry ingredients and buttermilk, starting and ending with dry ingredients and scraping the sides of the bowl as needed, until just combined. Fold in 1 cup blueberries. Divide the batter among the prepared cups (they will be full).

5. Bake the cupcakes until a toothpick inserted into the center comes out clean, 22 to 24 minutes. Transfer to a wire rack and let cool completely.

6. To prepare frosting: Once the cupcakes are cool, bring 2 inches of water to a simmer in the bottom of a double boiler. Combine ¾ cup granulated sugar and 3 tablespoons water in the top of the double boiler. Place over the simmering water and heat, stirring, until the sugar is melted, 2 to 3 minutes. Start beating the mixture with an electric mixer on high speed; add reconstituted egg whites, cream of tartar and a pinch of salt. Continue beating until the mixture looks like a glossy, thick frosting, 5 to 7 minutes. Off the heat, beat for 1 minute more to cool. Add 2 tablespoons (or more, depending on desired color) blueberry preserves (or jam) and ¼ teaspoon extract and beat on low just to combine. Spread or pipe the frosting on the cooled cupcakes and decorate with fresh blueberries on top, if desired.

Per cupcake: 206 calories; 1 g fat (0 g sat, 0 g mono); 16 mg cholesterol; 47 g carbohydrate; 27 g added sugars; 3 g protein; 1 g fiber; 439 mg sodium; 156 mg potassium.

Carbohydrate servings: 3

Exchanges: 3 carbohydrate (other), 1 fat

Chilled Key Lime Mousse

Makes: 10 servings

Active time: 1 hour **Total:** 4 hours (including chilling time) **To make ahead:** Cover and refrigerate for up to 1 day. Garnish with zest just before serving. **Equipment:** Ten 8-ounce ramekins or 2 ½-quart soufflé dish

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This refreshing chilled Key lime mousse is a perfect union of cream and foam, tangy lime and soft sweet custard. The method is simple but a little unusual—you make a custard with fresh Key lime juice rather than milk or cream. Key limes, which are about the size of a Ping-Pong ball, are wonderfully fragrant and more acidic than regular limes. They are available all year at well-stocked supermarkets. If you can't find them, by all means use regular limes.

¼ cup water

1 envelope unflavored gelatin (about 2¼ teaspoons)

1½ cups sugar, divided

4 teaspoons finely grated lime zest (from 5 Key limes or 2 regular limes), plus more for garnish

⅔ cup fresh lime juice (from 18-20 Key limes or 4-6 regular limes)

¼ teaspoon salt

6 large egg yolks or pasteurized-in-the-shell egg yolks

7 large egg whites or pasteurized egg whites

1½ cups reduced-fat plain Greek yogurt

1. Pour water into a small heatproof glass bowl and sprinkle with gelatin. Let stand until softened, about 3 minutes. Heat about 1 inch of water in a small skillet over low heat. Place the bowl in the pan and stir until the gelatin has dissolved and the liquid is clear. (Alternatively, microwave the gelatin mixture, uncovered, on High until the gelatin has completely dissolved but the liquid is not boiling, 20 to 40 seconds.) Set aside.

2. Combine 1 cup sugar and lime zest in a food processor and process until the zest is finely ground. Transfer to a large saucepan and add lime juice and salt. Heat over medium heat until very hot, whisking until the sugar is dissolved. Remove from the heat. Whisk egg yolks in a medium heatproof bowl. Whisking constantly, very slowly add the lime juice mixture, beginning with just a few drops and gradually increasing the amount.

3. Return the mixture to the saucepan. Cook over medium heat, whisking constantly, until the custard is thick enough to coat the back of a wooden spoon, 2 to 4 minutes. Immediately transfer to the bowl of a stand mixer (or a large deep bowl if using a hand mixer). Beat starting on low speed and increasing to medium-high until very thick and pale, 3 to 5 minutes. With the mixer running, slowly dribble in the gelatin mixture and continue to beat on medium-high speed until the mixture cools to room temperature, about 5 minutes. Clean the beaters.

4. Beat egg whites in another mixing bowl on medium speed just until foamy. Increase speed to medium-high and sprinkle in the remaining ½ cup sugar, about 1 tablespoon at a time, beating well after each addition. Beat just until the egg whites hold stiff peaks when the beaters are lifted.

5. With a whisk, fold yogurt into the lime custard. Then fold in the egg whites in 3 batches. Evenly divide the mixture among ten 8-ounce ramekins (or transfer to a 2½-quart round dish, such as a soufflé dish).

6. Refrigerate until thoroughly chilled and set, at least 3 hours and up to 24 hours. Garnish with more lime zest before serving, if desired.

Per serving: 191 calories; 3 g fat (1 g sat, 1 g mono); 113 mg cholesterol; 34 g carbohydrate, 30 g added sugars, 8 g protein; 0 g fiber; 115 mg sodium; 70 mg potassium.

Carbohydrate servings: 2

Exchanges: 2 carbohydrate (other)





Chocolate Tart with Hazelnut Shortbread Crust

Makes: 10 servings.

Active time: 45 minutes **Total:** 1¼ hours

To make ahead: Loosely cover and refrigerate the tart for up to 1 day. **Equipment:** 9-inch tart pan (with or without removable bottom)

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A sublime silky chocolate custard fills this simple hazelnut shortbread crust. Serve garnished with whipped cream and toasted hazelnuts for a special touch.

Crust

- 1 cup whole-wheat pastry flour (see *Tip*, page 11)
- ¼ cup all-purpose flour
- ½ cup hazelnuts
- ¼ cup sugar
- ½ teaspoon salt
- 4 tablespoons cold unsalted butter, cut into small pieces
- 2 tablespoons hazelnut oil or canola oil
- 1 tablespoon ice water

Filling

- 1½ teaspoons unflavored gelatin
- 1 tablespoon water
- ¾ cup low-fat milk
- 2 large egg yolks
- 2½ tablespoons plus ¼ cup sugar, divided
- 1 tablespoon all-purpose flour
- 2 ounces unsweetened chocolate, finely chopped
- 1 tablespoon coffee liqueur, such as Kahlua (optional)
- 4 teaspoons dried egg whites, reconstituted according to package directions (equivalent to 2 egg whites)
- ⅛ teaspoon cream of tartar

1. Preheat oven to 400°F.
2. **To prepare crust:** Coat a 9-inch tart pan with cooking spray. Combine whole-wheat

pastry flour, ¼ cup all-purpose flour, hazelnuts, ¼ cup sugar and salt in a food processor; process until the nuts are finely ground. Add butter one piece at a time, pulsing once or twice after each addition, until incorporated. Add oil and ice water and pulse just until incorporated. Turn the dough out into the prepared pan (it will be crumbly), spread evenly and press firmly into the bottom and all the way up the sides to form a crust.

3. Bake the crust until set and the edges are beginning to brown, about 15 minutes. Let cool on a wire rack.

4. **To prepare filling:** Sprinkle gelatin over water in a small bowl; let stand, stirring once or twice, while you prepare the rest of the filling.

5. Heat milk in a medium saucepan over medium heat until steaming (but not boiling); remove from the heat to cool slightly.

6. Whisk egg yolks, 2 ½ tablespoons sugar and 1 tablespoon flour in a medium bowl until combined. Gradually whisk in ½ cup of the hot milk. Whisk the egg yolk mixture into the pan with the remaining hot milk. Return to the heat and cook, stirring constantly, until the mixture thickens enough to coat the back of a spoon (do not boil), about 1 minute. Remove from the heat; whisk in chocolate until completely melted. Whisk in the softened gelatin and coffee liqueur (if using) until smooth.

7. Beat reconstituted egg whites and cream of tartar in a large bowl with an electric mixer on low speed until frothy. Increase speed to high and beat until soft peaks form. Gradually add the remaining ¼ cup sugar and beat until stiff peaks form, 3 to 5 minutes. Gently fold the chocolate custard into the egg whites until blended. Spoon the filling into the crust; smooth the top with the back of a spoon and chill, uncovered, until set, about 1 hour.

Per serving: 268 calories; 16 g fat (6 g sat, 8 g mono); 50 mg cholesterol; 29 g carbohydrate; 13 g added sugars; 6 g protein; 3 g fiber; 140 mg sodium; 146 mg potassium.

Carbohydrate servings: 2

Exchanges: 2 carbohydrates (other), 3 fat

Dark Cherry Bundt Cake

Makes: 12 servings.

Active time: 45 minutes **Total:** 3 hours (including 1½ hours cooling time)

Equipment: 10-inch Bundt pan or tube pan with removable bottom

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Cherries and almond extract pair beautifully in this delectable cake. Yogurt adds subtle flavor and helps keep the cake moist. (Recipe by Nancy Baggett for EatingWell.)

Cherry Filling

¼ cup sugar

1½ teaspoons cornstarch

3 cups fresh or frozen (thawed; see Tip) dark sweet cherries, pitted and coarsely chopped

2 tablespoons kirsch or orange juice

1 teaspoon freshly grated lemon zest

¼ teaspoon almond extract

Cake

1½ cups cake flour

1 cup whole-wheat pastry flour (see Tip, page 11)

2½ teaspoons baking powder

½ teaspoon baking soda

½ teaspoon salt

1 cup sugar

3 tablespoons butter, slightly softened

3 tablespoons canola oil

1¼ cups nonfat vanilla or lemon yogurt

2 large eggs

2½ teaspoons vanilla extract

1 teaspoon almond extract

2 teaspoons confectioners' sugar for garnish

1. Preheat oven to 350°F. Very generously coat a 10-inch Bundt or tube pan with cooking spray. Dust the pan with flour, tapping out the excess.

2. **To prepare cherry filling:** Combine sugar and cornstarch in a medium nonreactive saucepan. Stir in cherries, kirsch (or orange juice), lemon zest and almond extract. Bring to a boil over medium-high heat and cook,

stirring occasionally, until the mixture looks like very thick jam and has reduced to about 1 cup, 5 to 7 minutes.

3. **To prepare cake:** Sift cake flour, whole-wheat flour, baking powder, baking soda and salt into a medium bowl. Beat sugar, butter and oil in a large bowl with an electric mixer on low, then medium speed, until very light and fluffy, about 1½ minutes, scraping the sides as needed. Add half the yogurt and beat until very smooth. With the mixer on low speed, beat in half the dry ingredients until incorporated. Beat in the remaining yogurt, eggs, vanilla and almond extract until combined, scraping the sides as needed. Stir in the remaining dry ingredients just until incorporated.

4. Spoon a generous half of the batter into the prepared pan, spreading to the edges. Spoon the cherry mixture over the batter. Top with the remaining batter. Grease a butter knife and swirl it vertically through the batter and cherries.

5. Bake the cake until a toothpick inserted in the thickest part comes out with no crumbs clinging to it and the top springs back when lightly pressed, 50 to 65 minutes. (Dark-colored metal pans usually bake cakes faster than light-colored or shiny metal pans.) Transfer the pan to a wire rack and let stand until the cake is completely cooled, about 1½ hours. Very carefully run a knife around the edges and center tube to loosen the cake from sides and bottom. Rap the pan sharply against the counter several times to loosen completely. Invert the pan onto a serving plate and slide the cake out. Dust the top with confectioners' sugar before serving.

Per serving: 313 calories; 8 g fat (3 g sat, 2 g mono); 39 mg cholesterol; 56 g carbohydrate; 24 g added sugars; 5 g protein; 2 g fiber; 294 mg sodium; 183 mg potassium.

Carbohydrate servings: 4

Exchanges: 1½ starch, 2 carbohydrate (other), 1½ fat

Tip: Be sure to measure frozen cherries while still frozen, then thaw.





Frozen Pineapple Upside-Down Cake

Makes: 10 servings

Active time: 1½ hours **Total:** 9½ hours (including freezing time) **Equipment:** 9-inch springform pan **To make ahead:** Tightly wrap and store in the freezer for up to 2 weeks (do not refreeze).

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Retro, creamy and delicious, this cake is the frozen version of the beloved classic. This takes a bit of extra time to make—but it's worth it.

- 1 20-ounce can pineapple rings in juice, drained, juice reserved
- 5 fresh cherries, pitted, or raspberries
- 3 large egg yolks, at room temperature
- 6 tablespoons packed light brown sugar
- 2 large egg whites, at room temperature
- ½ cup sugar
- ½ teaspoon cream of tartar
- ½ cup heavy cream
- 7 ounces angel food cake

1. Coat a 9-inch springform pan with cooking spray; set it on a large plate. Blot 5 pineapple rings dry with paper towels; arrange in a circle in the bottom of the pan. Place a cherry (or raspberry) in the center of each pineapple ring.
2. Place the remaining pineapple and the reserved juice in a blender; blend until smooth.
3. Beat egg yolks and brown sugar in a 3-quart stainless-steel bowl with an electric mixer on medium speed until thick, pale brown and fluffy, 3 to 5 minutes. Beat in the pineapple puree, scraping down the sides as necessary.
4. Bring 1 inch of water to a slow simmer in a large saucepan. Place the bowl of pineapple mixture over the simmering water and beat on medium speed until thick, doubled in volume and an instant-read thermometer regis-

ters 160°F, 5 to 8 minutes. Remove from the heat (be careful of the escaping steam) and continue beating on medium speed until room temperature, 8 to 10 minutes. Set aside.

5. Clean and dry the beaters. Beat egg whites, sugar and cream of tartar in another 3-quart stainless-steel bowl on medium speed until foamy. Bring the water in the saucepan back to a slow simmer, set the bowl of egg whites over it, and continue to beat on medium speed while moving the mixer around, until the mixture is glossy and thick, about 3½ minutes. Increase the speed to high and continue beating over the heat until very stiff and glossy, about 3½ minutes more (the eggs will be at a safe temperature, 160°F, at this point). Remove from the heat (be careful of the escaping steam) and continue beating on medium speed until room temperature, 3 to 5 minutes. Whisk the meringue into the reserved pineapple mixture until smooth.

6. Clean and dry the beaters one more time. Beat cream in a medium bowl with an electric mixer on high speed until soft, droopy peaks form, 30 seconds to 1 minute. Fold the whipped cream into the batter. Pour the batter over the pineapple slices in the pan.

7. Cut angel food cake into nine ¾-inch-thick slices. Lay the slices over the batter, completely covering the top. Cover with plastic wrap and freeze for at least 8 hours.

8. Remove the cake from the freezer and let stand at room temperature for 10 minutes. Run a knife around the edges. Invert the pan onto a large serving plate and rap gently on the counter to loosen the cake. Remove the pan sides, then carefully remove the pan bottom. If the bottom does not release easily, place a towel soaked in hot water on it for a minute, then try again.

Per serving: 210 calories; 6 g fat (3 g sat, 2 g mono); 72 mg cholesterol; 38 g carbohydrate; 23 g added sugars; 3 g protein; 1 g fiber; 125 mg sodium; 81 mg potassium.

Carbohydrate servings: 2½

Exchanges: 2½ other carbohydrate, 1 fat

Frozen Raspberry Pie

Makes: 8 servings

Active time: 1¼ hours **Total:** 7¼ hours (including freezing time) **To make ahead:** Cover with plastic wrap and store in the freezer for up to 2 weeks.

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This creamy, luscious pie is made by combining a fluffy cooked meringue with a raspberry puree, then pouring the mixture into a chocolate-cookie crust.

Crust

32 chocolate wafers (about 6½ ounces; see Tips), plus 1 for garnish

- ¼ cup confectioners' sugar
- 2 tablespoons canola oil
- 2 tablespoons skim milk
- 1 tablespoon butter

Filling

- 3 cups raspberries, fresh or frozen (thawed)**
- 2 tablespoons lemon juice**
- ¼ teaspoon salt
- 2 large egg whites, at room temperature (see Tips)**
- ½ cup granulated sugar
- ½ teaspoon cream of tartar

1. Preheat oven to 350°F. Coat a 9-inch pie pan with cooking spray.

2. **To prepare crust:** Process 32 wafers, confectioners' sugar, oil, milk and butter in a food processor until finely ground. Press the mixture into the bottom and up the sides of the prepared pan, creating an even, dense crust. Bake for 12 minutes. Cool on a wire rack to room temperature, about 1 hour, pressing any puffed parts of the crust back into the pan.

3. **To prepare filling:** Meanwhile, puree raspberries, lemon juice and salt in a blender or food processor until smooth. Strain through a fine-mesh sieve into a medium bowl, pressing with a rubber spatula to extract the juice; discard seeds.

4. Bring 1 inch of water to a slow simmer in a large saucepan. Combine egg whites, granulated sugar and cream of tartar in a 3-quart stainless-steel bowl. Beat with an electric mixer on medium speed until foamy. Set the bowl over the simmering water and continue to beat on medium speed, moving the mixer around, until the mixture is glossy and thick, about 3 ½ minutes. Increase the speed to high, and continue beating over the simmering water until very stiff and glossy, about 3½ minutes more (the eggs will be at a safe temperature, 160°F, at this point). Remove from the heat (be careful of the escaping steam) and continue beating on medium speed until room temperature, 3 to 5 minutes.

5. Fold the raspberry puree into the meringue until combined. Pour the raspberry filling into the pie crust; crumble the remaining chocolate wafer over the top. Place the pie on a level surface in your freezer and freeze until solid, at least 6 hours. To serve, let the pie stand at room temperature until softened slightly, about 10 minutes, before slicing.

Per serving: 220 calories; 7 g fat (1 g sat, 3 g mono); 4 mg cholesterol; 37 g carbohydrate; 22 g added sugars; 3 g protein; 4 g fiber; 165 mg sodium; 125 mg potassium.

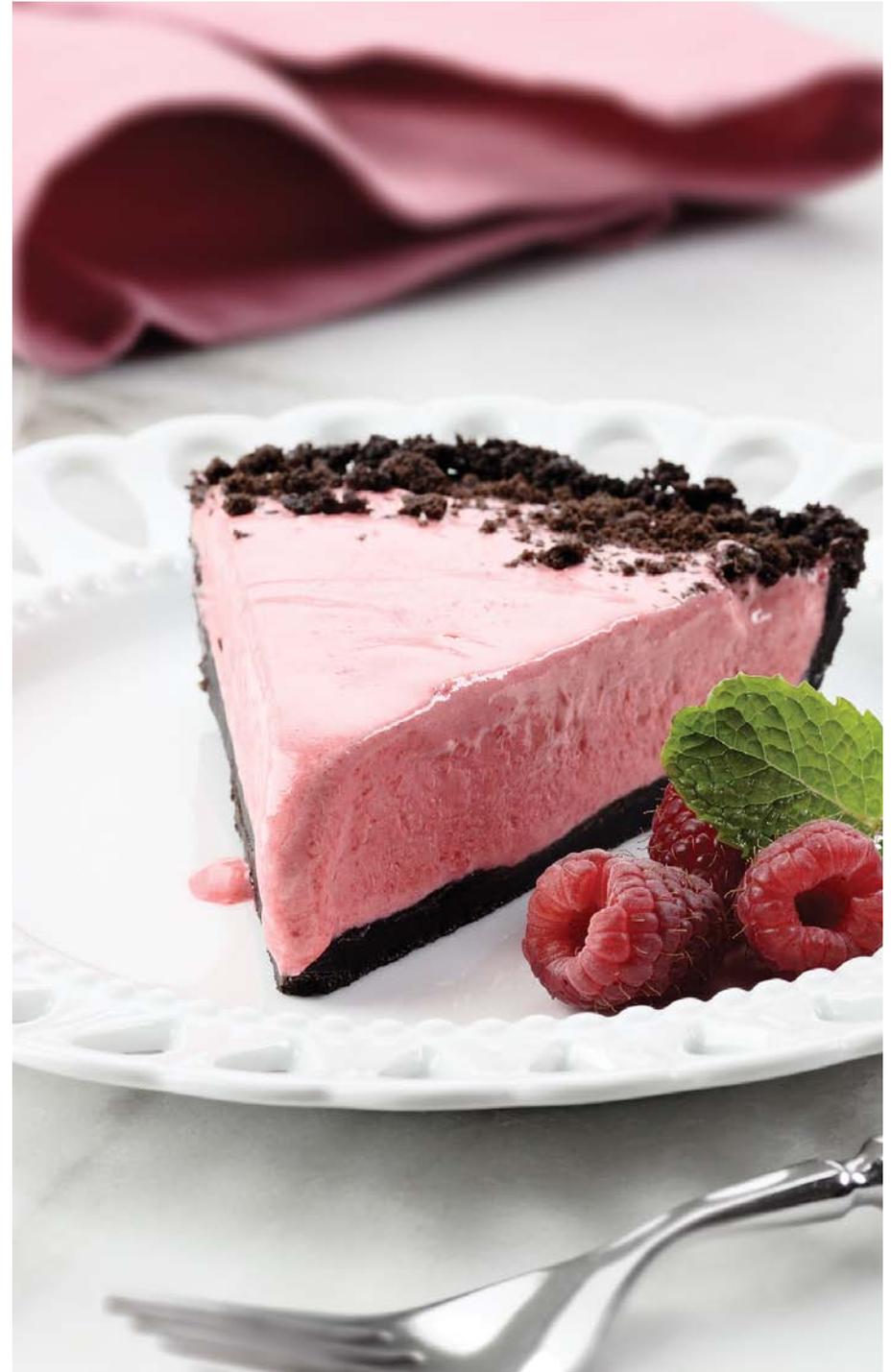
Carbohydrate servings: 2½

Exchanges: 2½ other carbohydrates, 1½ fat

Tips:

Look for chocolate wafer cookies without any partially hydrogenated oils. Our two favorites were both from Newman's Own Organics: Tops & Bottoms and Chocolate Alphabet Cookies. Chocolate Snaps from Mi-Del will also work, but the chocolate flavor isn't as rich.

To get the most volume from beaten eggs, it's best for them to be at room temperature. Either set the eggs out on the counter for 15 minutes or submerge them in their shells in a bowl of lukewarm (not hot) water for 5 minutes.





Raspberry-Almond Crumb Tart

Makes: 8 servings.

Active time: 20 minutes **Total:** 2 hours (including cooling time) **Equipment:** 9-inch tart pan with removable bottom

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You can quickly make the crust for this tart in the food processor and then press it into the pan—no need to dig out a rolling pin and struggle to transfer a tender pastry dough from pin to pan. Extra crust dough doubles as a crumbly topping.

- ½ cup sliced almonds (skins on)**
- 6 tablespoons granulated sugar**
- 1⅓ cups plus 2 tablespoons all-purpose flour, divided**
- ½ teaspoon salt**
- 6 tablespoons cold unsalted butter, cut into ¼-inch pieces**
- 1 large egg yolk**
- 1 teaspoon vanilla extract**
- ¼ teaspoon almond extract**
- 4½ cups fresh or frozen (not thawed) raspberries**
- 1 teaspoon confectioners' sugar**

- 1.** Preheat oven to 400°F. Lightly coat a 9-inch removable-bottom tart pan with cooking spray.
- 2.** Combine almonds and sugar in a food processor; pulse until the almonds are finely ground and incorporated with the sugar. Set aside ½ cup of the mixture.
- 3.** Add 1⅓ cups flour and salt to the remaining sugar mixture and pulse briefly to blend. With the motor running, add butter a few pieces at a time until well incorporated.

4. Stir egg yolk, vanilla and almond extracts together in a small bowl until blended. With the motor running, add to the processor and pulse until the mixture begins to clump and form a dough, about 1 minute (the mixture will look like crumbly sand). Set aside ⅓ cup of the mixture for the topping.

5. Transfer the remaining dough to the prepared tart pan; spread evenly and press firmly into the bottom and up the sides to form a crust.

6. Add the remaining 2 tablespoons flour to the reserved almond mixture; stir to blend. Gently toss raspberries with 2 tablespoons of this mixture in a medium bowl until coated. Spread the berries evenly in the tart pan. Sprinkle the remaining almond mixture over the berries. Pinch the reserved dough into small clumps to make crumbs and sprinkle the crumbs on top of the berries.

7. Bake the tart for 15 minutes. Reduce the oven temperature to 350° and bake until the crust and crumbs are golden brown, about 45 minutes more. Let cool on a wire rack for about 30 minutes. Serve warm or at room temperature. Remove the pan sides; place confectioners' sugar in a fine sieve and dust the tart just before serving.

Per serving: 275 calories; 13 g fat (6 g sat, 4 g mono); 46 mg cholesterol; 37 g carbohydrate; 10 g added sugars; 5 g protein; 6 g fiber; 149 mg sodium; 175 mg potassium.

Nutrition bonus: Vitamin C (30% daily value), Folate (22% dv).

Carbohydrate servings: 2

Exchanges: 1 starch, 1½ carbohydrate (other), 2 fat

Strawberry Rhubarb Pie

Makes: 10 servings

Active time: 1 hour **Total:** 4½ hours (including chilling and cooling) **To make ahead:** Refrigerate dough for up to 2 days or freeze for up to 6 months. **Equipment:** 9-inch pie pan

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Rhubarb and strawberries go hand in hand, and what better way to honor the combination than in this classic summer pie. The lattice top looks fancy but the technique is super-easy to master.

Crust

¼ cups whole-wheat pastry flour (see *Tip, page 11*)

¼ cups all-purpose flour

2 tablespoons sugar, plus 1 teaspoon for sprinkling (optional)

½ teaspoon salt

4 tablespoons cold unsalted butter

¼ cup reduced-fat sour cream

3 tablespoons canola oil

4 tablespoons ice water

1 large egg white, beaten, for brushing

Filling

2½ tablespoons instant tapioca

4 cups sliced fresh or frozen (not thawed) strawberries (about 1¼ pounds)

1 cup sliced fresh or frozen (not thawed) rhubarb

⅔ cup sugar

1 tablespoon lemon juice

Pinch of ground nutmeg

Pinch of salt

1. To prepare crust: Whisk whole-wheat flour, all-purpose flour, 2 tablespoons sugar and salt in a large bowl. Cut butter into small pieces and, with your fingers, quickly rub them into the dry ingredients until smaller but still visible. Add sour cream and oil; toss with a fork to combine with the dry ingredients. Sprinkle water over the mixture. Toss with a fork until evenly moist. Knead the dough with your hands in the bowl a few times—the mixture will still be a little crumbly. Turn out onto a clean surface and knead a few more times,

until the dough just holds together. Divide the dough in half and shape into 5-inch-wide disks. Wrap each in plastic and refrigerate for at least 1 hour.

2. To prepare filling: Just before you're ready to roll out the dough, process tapioca in a spice grinder, mini food processor or blender until finely ground. Combine with strawberries, rhubarb, sugar, lemon juice, nutmeg and salt in a large bowl; toss well to combine.

3. Position a rack in the center of the oven and place a foil-lined baking sheet on the rack below; preheat to 425°F.

4. Remove the dough from the refrigerator; let stand for 5 minutes to warm slightly. Roll one portion between sheets of parchment or wax paper into a 12-inch circle. Peel off the top sheet and invert the dough into a 9-inch pie pan. Peel off the remaining paper. Moisten the outer edge of the dough with water. Scrape the filling and any accumulated juices into the crust.

5. To prepare lattice top: Roll the remaining dough between sheets of parchment or wax paper into a 12-inch circle. Peel off the top sheet. Cut the dough into 1-inch strips using a pastry wheel or a knife. Lift off every other strip and lay them on top of the pie, leaving about a 1-inch gap between strips. Use the shorter strips for the edges and the longer ones for the middle of the pie. (You may not need to use the outermost strips.) Fold back the first, third and fifth strips of dough to the edge of the pie. Place a shorter strip of dough across the second and fourth strips, about 1 inch from the edge. Unfold the folded strips over the crosswise strip. Fold back the second and fourth strips over the first crosswise strip. Place another strip crosswise, about 1 inch from the first. Unfold the strips over the second crosswise strip. Continue folding back alternating strips and placing crosswise strips until the top is covered with woven strips. Trim any overhanging crust. Crimp the outer edge with a fork. Brush the dough with egg white; sprinkle 1 teaspoon sugar (if using) over just the lattice top, not the outer edge.

6. Bake the pie for 20 minutes. Then rotate the pie 180 degrees and lower the oven tem-



perature to 325°. Continue baking until the crust is golden and the filling is beginning to bubble, 30 to 35 minutes more. Let cool on a wire rack for at least 2 hours before serving. **Per serving:** 296 calories; 10 g fat (4 g sat, 4 g mono); 15 mg cholesterol; 47 g carbohy-

drate; 16 g added sugars; 4 g protein; 3 g fiber; 83 mg sodium; 170 mg potassium. **Nutrition bonus:** Vitamin C (68% daily value). **Carbohydrate servings:** 3 **Exchanges:** 1½ starch, ½ fruit, 1 carbohydrate (other), 2 fat



Strawberry Shortcake

Makes: 12 servings (1 shortcake & about ½ cup filling each)

Active time: 40 minutes **Total:** 1 hour

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Besides succulent fresh, ripe strawberries, the key to a great strawberry shortcake lies in the quality of the biscuit. And this one is top-notch. These tender, sweet buttermilk biscuits are made with a blend of cake flour and whole-wheat flour and lightened by substituting reduced-fat cream cheese for some of the butter. As a delicately tangy alternative to whipped cream, we use a blend of cream and reduced-fat sour cream.

Shortcakes

- 2 cups cake flour, plus more for dusting
- 1 cup white whole-wheat flour or whole-wheat pastry flour (see *Tips*)
- ¼ cup sugar
- 1 tablespoon baking powder
- 4 tablespoons cold unsalted butter, cut into small pieces
- 4 tablespoons (2 ounces) reduced-fat cream cheese (Neufchâtel)
- ¼ cup canola oil
- 1 large egg, lightly beaten
- 3 tablespoons nonfat buttermilk (see *Tips*)

Filling

- 4 cups sliced hulled strawberries (about 1¼ pounds whole)
- 3 tablespoons sugar
- ½ cup whipping cream
- ½ cup reduced-fat sour cream

1. **To prepare shortcakes:** Preheat oven to 400°F.
2. Whisk cake flour, whole-wheat flour, sugar and baking powder in a large bowl. Cut in butter using two knives or a pastry cutter until the pieces are about the size of peas. Cut in cream cheese until it's the size of peas. Drizzle oil over the mixture; stir with a fork until just combined (the mixture will be crumbly). Make a well in the center and add egg

and buttermilk. Gradually stir the wet ingredients into the dry ingredients with a fork until the mixture is evenly moist. Knead the mixture in the bowl two or three times until it holds together.

3. Turn the dough out onto a lightly floured surface. Dust with flour and roll into an 8-by-10-inch rectangle about ½ inch thick. Cut the edges square using a butter knife. Cut the dough into 12 equal shortcakes. Transfer to a baking sheet.

4. Bake the shortcakes until puffed and lightly golden, about 20 minutes. Let cool slightly.

5. **To prepare filling:** Toss strawberries with sugar in a medium bowl. Whisk whipping cream in a medium bowl until it's thick and holds its shape, 1 to 2 minutes. Whisk in sour cream until combined.

6. To serve, split the shortcakes horizontally. Spoon the berries and juice onto the bottoms, top with the cream mixture and replace the shortcake tops.

Per serving: 303 calories; 14 g fat (6 g sat, 4 g mono); 46 mg cholesterol; 38 g carbohydrate; 7 g added sugars; 5 g protein; 2 g fiber; 138 mg sodium; 158 mg potassium.

Nutrition bonus: Vitamin C (55% daily value), Iron (19% dv), Folate (15% dv).

Carbohydrate servings: 2½

Exchanges: 1½ starch, 1 other carbohydrates, 3 fat

Tips:

Whole-wheat pastry flour, lower in protein than regular whole-wheat flour, has less gluten-forming potential, making it a better choice for tender baked goods. You can find it in the natural-foods section of large supermarkets and natural-foods stores. Store in the freezer.

No buttermilk? You can use buttermilk powder prepared according to package directions. Or make "sour milk": mix 1 tablespoon lemon juice or vinegar to 1 cup milk.

About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, www.EatingWell.com, EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

About EatingWell health tags

A recipe checked...

 **Heart Health** has limited saturated fat.

 **Diabetes** is low in calories and meets limits for Carbohydrate Servings.

 **Weight Loss** has reduced calories (and limited saturated fat).

 **Gluten Free** does not contain wheat, rye, barley or oats.
(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)