Washington Hospital's Sinless Beet Cake
With Cream Cheese Frosting

Cake:

2 medium beets
Cooking spray
2/3 cup granulated sugar
2/3 cup packed dark brown sugar
½ cup vegetable oil
2 large eggs
21/2 cup all purpose flour
2 teaspoons baking powder
1 teaspoon cinnamon
½ teaspoon baking soda
¼ teaspoon salt
½ cup low-fat milk

Frosting:

1 teaspoon vanilla extract
1 (8 ounce block) 1/3 less-fat cream cheese
3 cups powdered sugar

Preheat oven to 350°F degrees

To prepare cake, coat bottom of 13 x 9-inch baking pan with cooking spray; line bottom with wax paper. Coat wax paper with cooking spray; dust with 1 tablespoon flour. Set aside.

Peel and grate beets to measure about 2 cups.

Combine the granulated sugar, brown sugar, oil, and eggs in a large bowl, and beat with mixer at medium speed until well blended. Add beets, and beat well. Lightly spoon flour and next 4 ingredients in a large bowl, stirring well with whisk. Add flour mixture to sugar mixture alternately with milk, beginning and ending with flour mixture. Pour batter into prepared pan. Tap once on counter top to remove air bubbles. Bake at 350°F for 28-35 minutes, or just until baked- slightly under-bake for best results). Cool.

To prepare frosting, beat vanilla and cream cheese with mixer at high speed until fluffy. Add powdered sugar, and beat at low speed until blended (do not over beat).

Frost cooled cake. Store cake covered in refrigerator.

Yield: 24 slices (cut cake 4 x 6, into approximately 2 x 2 inch square pieces)

Nutrition Facts: 224 calories, 3 grams protein, 7 grams fat, 2 grams saturated fat, 39 grams carbohydrates (~2½ Carb choices), 152 mg sodium