

CHOCOLATE PUDDING CAKE

- 1 cup all-purpose flour
- 2¹/₄ cups sugar, divided
- ¹/₂ cup unsweetened cocoa
- 2 teaspoons baking powder
- ¹/₄ teaspoon salt
- ³/₄ cup 2% reduced-fat milk
- ¹/₄ cup melted butter, divided
- 1 teaspoon vanilla extract
- 1¹/₂ cups water

1. Preheat oven to 375°.
2. Lightly spoon flour into a dry measuring cup; level with a knife. Sift together flour, ³/₄ cup sugar, cocoa, baking powder, and salt over a large bowl. Add milk, 3 table-
spoons butter, and vanilla, stirring until smooth. Set aside.
3. Combine 1¹/₂ cups sugar and water in a small saucepan. Bring to a boil, stirring to dissolve sugar. Remove from heat.
4. Place a 10-inch cast-iron skillet in a 375° oven 15 minutes. Place 1 tablespoon melted butter in preheated pan, swirling to evenly coat pan. Add batter, spreading evenly over pan. Pour water mixture slowly over batter; do not stir (mixture will bubble). Bake at 375° for 28 minutes or until cake is set. Let stand 10 minutes before serving. Yield: 8 servings.

CALORIES 351 (18% from fat); FAT 7g (sat 4.3g, mono 2g, poly 0.3g); PROTEIN 3.5g; CARB 72.6g; FIBER 2.2g; CHOL 17mg; IRON 1.7mg; SODIUM 267mg; CALC 108mg