

your Goodhouseguide

RECIPES • DIET • HOW-TO • LAUGHS • RECALLS • SHOPPING DETAILS

10 minutes. With knife, loosen side of cake(s) from pan(s); invert onto wire rack to cool completely.

>> Each 1/2 of cake: About 290 calories, 4 g protein, 37 g carbohydrate, 14 g total fat (8 g saturated), 1 g fiber, 88 mg cholesterol, 260 mg sodium.

rich chocolate cake

Prep 20 minutes plus cooling

Bake 30 to 40 minutes, depending on pan size

Makes one 13" by 9" cake, or three 8-inch or two 9-inch cake layers

- 2 cups all-purpose flour**
- 1 cup unsweetened cocoa**
- 2 teaspoons baking powder**

- 1 teaspoon baking soda**
- 1/2 teaspoon salt**
- 1 1/3 cups whole milk**
- 2 teaspoons vanilla extract**
- 2 cups sugar**
- 1 cup butter or margarine (2 sticks), softened**
- 4 large eggs**

- 1.** Preheat oven to 350°F. Grease 13" by 9" metal baking pan, or three 8-inch round or two 9-inch round cake pans. Dust pan(s) with flour.
- 2.** On waxed paper, combine flour, cocoa, baking powder, baking soda, and salt. In 2-cup liquid measuring cup, mix milk and vanilla; set aside.

3. In large bowl, with mixer at low speed, beat sugar and butter just until blended. Increase speed to high; beat 3 minutes or until creamy, occasionally scraping bowl with rubber spatula. Reduce speed to low; add eggs, 1 at a time, beating well after each addition.

4. Beat in flour mixture alternately with milk mixture, beginning and ending with flour mixture just until blended, scraping bowl occasionally.

5. Pour batter into prepared pan(s). Bake 40 to 45 minutes for 13" by 9" cake, 30 to 35 minutes for 8- and 9-inch layers, or until toothpick inserted in center of cake(s) comes out clean. Cool in pan(s) on wire rack 10 minutes. With knife, loosen side of cake(s) from pan(s); invert onto wire rack to cool completely.

>> Each 1/2 of cake: About 400 calories, 7 g protein, 53 g carbohydrate, 20 g total fat (12 g saturated), 3 g fiber, 118 mg cholesterol, 470 mg sodium.