

Espresso Angel Food Cake

(Makes 10 servings)

Ingredients:

Cake

- 1 ½ cups egg whites, preferably organic, from about 1 dozen large eggs, at room temperature
- 1 ¼ teaspoon cream of tartar
- ½ teaspoon salt
- 1 ½ cups sugar
- 2-3 teaspoons hot water
- 1 tablespoon instant espresso powder
- 1 1/8 cup sifted cake flour
- 1 teaspoon pure vanilla extract

Glaze

- ¼ cup brewed espresso (follow directions on instant espresso label or brew in an espresso maker)
- 6-8 ounces confectioner's sugar, sifted to eliminate lumps
- Serving Suggestion: Low fat or fat free vanilla frozen yogurt

Directions:

Make the Cake:

- 1) Preheat the oven to 375 degrees F.
- 2) In a stand mixer fitted with a whisk attachment (or using a hand mixer), whip the egg whites until foamy. Add the cream of tartar and salt and continue whipping until soft peaks form. With the mixer running, gradually add 1 cup of the sugar and continue whipping until stiff and the sugar has dissolved, about 30 seconds.
- 3) In a small bowl, stir together the hot water and instant espresso to make espresso extract.
- 4) Using a sieve over a large bowl, sift the remaining 1/2 cup sugar with the pre-sifted cake flour 3 times, to aerate the mixture.
- 5) Fold the flour mixture into the egg whites in batches; then fold in the vanilla and dissolved coffee.
- 6) Spoon the batter into an ungreased 9 or 10-inch tube pan and smooth the top with a rubber spatula. Bake until light golden brown, about 30 to 35 minutes.
- 7) Cool by turning the cake (in the pan) upside down, propped on top of a bottle until it cools to room temperature. Run a long, sharp knife blade, or a butter knife, around the cake to loosen, then knock the cake out onto a plate or work it out with your fingers. The outside crumb of the cake will remain in the pan; exposing the white cake underneath.

Make the Glaze:

- 1) Stir the ingredients together until smooth.
- 2) Add more liquid if too thick or more sugar if too thin.
- 3) Pour glaze over the top of the cake, letting it drip down naturally.
- 4) Let glaze set until hard, at least 30 minutes before serving.
- 5) Serve with vanilla frozen yogurt.

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Nutritional Analysis: *(per serving)*

- Calories: 250
- Fat: 0 g
- Saturated Fat: 0 g
- Trans Fat: 0 g
- Cholesterol: 0 mg
- Sodium: 190 mg
- Carbohydrates: 58 g
- Dietary Fiber: 0 g
- Protein: 5 g

Dietitian's Note:

This fat-free dessert is a wonderful way to enjoy your “sweets” without the added guilt. Just remember calories do count, so watch that portion size – and top with lots of fresh fruit and a dollop of light whipped cream or low-fat frozen yogurt.

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A word from the Dietitian, Melissa Ohlson:

As we strive to reduce our risk for heart disease (and our waistlines), we often forego some of our most beloved foods, like dessert! While this is a good strategy to follow most of the time (there are a lot of calories in dessert you know!), there is no need to exclude desserts entirely from your life. In fact, rich, decadent desserts can fit into a heart-healthy eating plan, especially when a little culinary know-how and portion control is adopted.

Chef Donna and Melissa have teamed up to show you how simple recipe substitutions can result in mouthwatering masterpieces that will fool your biggest dessert skeptics. Although most of our desserts can't be coined “low-fat,” they have certainly been altered to significantly reduce the total fat, saturated fat and trans fat levels to help promote a heart-healthy lifestyle and give a little oomph to your next dessert or dinner party.

Please note where Chef Donna and Melissa have noted additional culinary and nutrition tips throughout this recipe and others provided during this class. Enjoy!

Source:

From Decadent Low Fat Desserts Class with Donna Hann of the Culinary Artist, and Melissa Ohlson, MS, RD, LD, Nutrition Projects Coordinator, Preventive Cardiology & Rehabilitation.