

Lemon Olive Oil Cornmeal Cake



This luscious lemon cake is full of bright sunshine and citrus flavor and extra virgin olive oil, which adds heart healthy monounsaturated fat.

YIELD 12 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

2/3 cup	Sugar, granulated
1 each	Lemon, zested and juiced
3/4 cup	Extra Virgin Olive Oil
2 each	Eggs, large
2 tsp	Vanilla Extract
3/4 cup	Ricotta cheese, part-skim
1/2 cup	Cornmeal, yellow (see chef's note)
1 cup	All Purpose Flour
1 tsp	Baking Powder
1/2 tsp	Kosher Salt
1/4 tsp	Baking Soda
2 tsp	Powdered Sugar (optional garnish)

CHEF'S NOTES

Standard cornmeal will result in a more tender, cake-like texture but we like to use a whole grain, stone ground cornmeal for a texture closer to cornbread and a dose of whole grains with your dessert.

When combining the wet and dry ingredients, be careful not to overmix the batter. Overmixing could result in a denser final product than desired.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 375°F and spray a 9-inch round cake pan with nonstick cooking spray. Cut a piece of parchment paper to fit in the bottom, add to the pan then spray the paper.
2. In a medium mixing bowl, add the sugar and lemon zest. Using clean hands, rub the zest into the sugar until fragrant and evenly distributed.
3. To the sugar mixture, add the lemon juice, olive oil, eggs, and vanilla. Whisk until smooth, then add the ricotta and stir to combine using a rubber spatula.
4. In a separate medium bowl, mix the cornmeal, flour, baking powder, baking soda, and salt.
5. Add the cornmeal mixture to the bowl with the wet ingredients and mix until just combined.
6. Pour the batter into the prepared baking pan and bake for 25- 30 minutes or until a toothpick inserted in the center comes out clean.
7. Allow the cake to cool in the pan for 5 minutes then flip the cake onto a cooling rack and allow to cool completely before flipping onto a serving platter and dusting with the powdered sugar. Cut into 12 slices and serve.

Nutrition Facts

12 servings per container

Serving size 1 slice (71g)

Amount Per Serving

Calories 260

% Daily Value*

Total Fat 16g 21%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 160mg 7%

Total Carbohydrate 25g 9%

Dietary Fiber <1g 2%

Total Sugars 12g

Includes 11g Added Sugars 22%

Protein 4g 8%

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 0.9mg 6%

Potassium 40mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, EGG, WHEAT

