

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Delicious and Easy Light Lemon Yogurt Shortcakes!

Fun to Make with the Kids:

Fresh Lemon Berry Shortcakes

- 1 Cup All-Purpose Flour
- ½ Cup Whole Wheat Pastry Flour
- 2 Tsp Baking Powder
- 2 Tsp Lemon Zest
- ½ Cup Nonfat Plain Greek Yogurt
- 1 Cup Sugar
- 3 Large Eggs
- ½ Cup Canola Oil
- 3 Cups Assorted Berries
- 1 TB Lemon Juice
- 2/3 Cup Fresh Lemon Juice
- ½ Cup Powdered Sugar
- *Light Whipped Cream

Step One Preheat the oven to 350F. Spray a sheet pan with nonstick cooking spray and line the bottom of the pan with parchment paper.

Step Two Whisk together the flours,

baking powder, and zest in a bowl.

Step Three In a large bowl, combine the yogurt, sugar, and eggs, stirring until well blended. Add the flour mixture to the yogurt mixture, then add the oil and stir to incorporate.

Step Four Pour the batter into your prepared pan. Bake for about 20 minutes, until the cake feels springy to the touch and a toothpick inserted into the center comes out clean.

Cool the cake for 1 hour.

Step Five While the cake is cooling, mash the berries slightly in a bowl. Mix in the lemon juice. Make the glaze by mixing together the lemon juice and powdered sugar. Set aside 2 TB of the glaze.

Step Six Run a knife around the edge of the pan, and carefully remove the

cake. Make flowers for the shortcake using a large flower-shaped cookie cutter. Brush the glaze over the flower shapes. Put 2 TBs of light whipped cream on top of the shortcakes and mound the berries on top.

2 Kitchen Smidgen

When you use zest or juice from citrus in a recipe, make sure the exterior is clean. The best way to clean your fruit? A wash in good 'ole soap and hot water.

3 Get Creative

*Yes, you can make light whipped cream! Take a can of nonfat evaporated milk and place it in the fridge, along with the bowl and whisk of your standing mixer. Leave it for at least 4 hours to get really cold. Remove and whip the cream until soft peaks appear. Stir in the reserved lemon glaze and you're ready to top your shortcakes.

4 WINE of the Week

Louis Bouillot Cremant de Bourgogne
Burgundy, France

About \$16.00 at Total Wine

Berries in the shortcake, and the taste of berries in the wine! This sparkler made from Pinot Noir is fun, fresh and full of crisp acidity and toasty-roasty aromas. Made in the French Méthod Traditionnelle, like Champagne, this wine comes from Burgundy, the home of Pinot Noir.