



Photo: Lisa Hubbard

A scrumptious, traditional chocolate cake that just happens to be fortified with beets. A fabulous alternative to the usual birthday cake!

Batter:

- Nonstick cooking spray
- 1 cup firmly packed light or dark brown sugar
- 1/4 cup canola or vegetable oil, or trans-fat-free soft tub of margarine spread
- 1 large egg
- 2 large egg whites
- 3 ounces semisweet or bittersweet chocolate, melted and cooled
- 1/2 cup [beet puree](#) (see recipe below)
- 1/2 cup lowfat (1%) buttermilk
- 1 tsp. pure vanilla extract
- 2 cups all-purpose flour
- 1 tsp. baking soda
- 1/4 tsp. salt

Cream Cheese Frosting:

- 1 (8-ounce) package reduced-fat cream cheese
- 3/4 cup confectioners' sugar
- 1/2 cup unsweetened cocoa powder
- 1 Tbsp. pure vanilla extract

Preheat the oven to 350°. Coat a 9-inch baking pan with cooking spray.

In a large mixing bowl or the bowl of an electric mixer, beat the brown sugar with the oil or margarine until creamy. Add the whole egg and egg whites one at a time, beating well after each addition. Beat in the melted chocolate, beet puree, buttermilk and vanilla.

Add the flour, baking soda and salt, and beat until smooth.

Pour the batter into the pan and bake until a toothpick comes out clean when inserted into the center, 35 to 40 minutes. Let the cake cool 5 minutes in pan before turning out onto a rack to cool completely.

Meanwhile, make the frosting. Beat the cream cheese with the confectioners' sugar, cocoa powder and vanilla until smooth. Slice the cake in half horizontally. Spread the frosting over the top and between layers of the cooled cake.

Refrigerate in an airtight container for up to 4 days.



Credit: Lisa Hubbard

Brownies (with Carrot and Spinach)

Created by [Jessica Seinfeld](#)

From the book *Deceptively Delicious*

Makes 12 brownies

These brownies fool everyone! You won't believe how scrumptious they are (or how good they are for you) until you make them yourself. Just don't serve them warm—it's not until they're completely cool that the spinach flavor totally disappears.

INGREDIENTS

- Nonstick cooking spray
- 3 oz. semisweet or bittersweet chocolate
- 1/2 cup [carrot puree](#) (see recipe below)
- 1/2 cup [spinach puree](#) (see recipe below)
- 1/2 cup firmly packed light or dark brown sugar
- 1/4 cup unsweetened cocoa powder
- 2 Tbsp. trans-fat-free soft tub margarine spread
- 2 tsp. pure vanilla extract
- 2 large egg whites
- 3/4 cup oat flour or all-purpose flour
- 1/2 tsp. baking powder
- 1/2 tsp. salt

Preheat the oven to 350°. Coat an 8" x 8" baking pan with cooking spray.

Melt the chocolate in a double boiler or over a very low flame.

In a large bowl, combine the melted chocolate, vegetable purees, sugar, cocoa powder, margarine and vanilla and whisk until smooth and creamy, 1 to 2 minutes.

Whisk in egg whites. Stir in the flour, baking powder, and salt with a wooden spoon.

Pour the batter into the pan and bake 35 to 40 minutes. Cool completely in the pan before cutting into 12 bars.



Credit: Lisa Hubbard

Chicken Nuggets (with Broccoli or Spinach or Sweet Potato or Beet)

Created by [Jessica Seinfeld](#)

From the book *Deceptively Delicious*

Serves 4

INGREDIENTS

- 1 cup whole-wheat, white or panko (Japanese) breadcrumbs
- 1/2 cup flaxseed meal
- 1 Tbsp. grated Parmesan
- 1/2 tsp. paprika
- 1/2 tsp. garlic powder
- 1/2 teaspoon onion powder
- 1 cup [broccoli](#) or [spinach](#) or [sweet potato](#) or [beet puree](#) (see recipe below)
- 1 large egg, lightly beaten
- 1 lb. boneless, skinless chicken breast or chicken tenders, rinsed, dried and cut into small chunks
- 1/2 tsp. salt
- Nonstick cooking spray
- 1 Tbsp. olive oil

In a bowl, combine the breadcrumbs, flaxseed meal, Parmesan, paprika, garlic and onion powder on the paper or foil and mix well with your fingers.

In a shallow bowl, mix the vegetable puree and egg with a fork and set the bowl next to the breadcrumb mixture.

Sprinkle the chicken chunks with the salt. Dip the chunks into the egg mixture and then toss them in the breadcrumbs until completely coated.

Coat a large nonstick skillet with cooking spray and set over medium-high heat. When the skillet is hot, add the oil. Place the chicken nuggets in the skillet in a single layer, being careful not to crowd the pan, and cook until crisp and golden on one side, 3 to 4 minutes. Then turn and cook until the chicken is cooked through, golden brown and crisp all over, 4 to 5 minutes longer. (Cut through a piece to check that it's cooked through.) Serve warm.

How to Puree

Beets



PREP

Leave them whole (trim any stems to 1 inch) and unpeeled.

COOK

Wrap in aluminum foil and roast at 400° for about 1 hour (they're done when they can be pierced with the tip of a sharp knife).

PUREE

After peeling, place in a food processor or blender for about 2 minutes.

How to Puree

Carrots



PREP

Peel, trim the ends and cut into 3-inch chunks.

COOK

Steam for 10 to 12 minutes.

PUREE

In a food processor or blender for about 2 minutes, with a few teaspoons of water if needed for a smooth texture.

How to Puree

Spinach



PREP

No prep *at all* for baby spinach. For mature spinach, fold leaves in half lengthwise with the stem outside, then strip the stem off the leaf.

COOK

Steam for 30 to 40 seconds, or cook in a skillet with 1 tablespoon of water for about 90 seconds, or just until wilted.

PUREE

In a food processor or blender for about 2 minutes, until smooth and creamy.

How to Puree

Broccoli



PREP

Cut into florets.

COOK

Steam for 6 to 7 minutes. Florets should be tender but still bright green (if they turn an olive green color, they're overcooked).

PUREE

In a food processor or blender for about 2 minutes. Add a few teaspoons of water if needed for a smooth, creamy texture.