

## SWEETS FOR THE HEART

*Safflower Oil Helps  
Cut Cholesterol, Calories  
In Favorite Desserts*

Luscious ice cream, cakes and pies don't have to be off limits if you're on a heart-healthy diet. A variety of sweet treats that are truly rich and delicious tasting can be made simply by substituting healthful ingredients for harmful ones.

Eliminating butter, heavy cream, whole eggs and milk from desserts can virtually remove cholesterol and saturated fat while cutting calories significantly. The use of safflower oil is another stratagem. Its high polyunsaturated content helps reduce cholesterol and in comparison to shortening, it reduces calories in the chocolate-orange cake and in the pie crust. For body and flavor the cake uses egg whites and cocoa instead of fat-filled butter and chocolate. The "creaminess" in the strawberry pie and vanilla ice cream comes from nonfat dry milk rather than heavy cream.

Next time you're aching for a sweet that's rich and forbidden, try one of these ideas. It will do your heart good!



### CHOCOLATE-ORANGE CAKE

- 1-1/2 cups sugar
- 1/4 cup safflower oil
- 4 egg whites
- 1 teaspoon grated orange peel
- 2 cups unsifted all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt (optional)
- 1 cup orange juice
- 1/2 cup water

Orange Whipped Topping (recipe follows)

Preheat oven to 350°F. Oil two 9-inch round cake pans; line with wax paper and oil again; set aside.

In a large bowl combine sugar, safflower oil, egg whites and orange peel; mix well; set aside. In a medium bowl mix together flour, cocoa, baking powder, baking soda and salt. In a measuring cup combine orange juice and water. Alternately add dry ingredients with orange juice and water to egg mixture; beat until blended. Pour into prepared pans. Bake until a cake tester inserted in the center of the cakes comes out clean, 25 to 30 minutes. Cool for 5 minutes in pans. Turn out of pans onto wire racks. Cool completely. Spread one layer with half of the Orange Whipped Topping. Top with second layer; spread with remaining topping. Garnish with small fresh leaves and an orange twist, if desired.

YIELD: 12 portions

Per portion (Chocolate-Orange Cake with Orange Whipped Topping): 293 calories, less than 1 mg cholesterol.

### ORANGE WHIPPED TOPPING

- 3/4 cup chilled orange juice, divided
- 2 tablespoons sugar
- 1 teaspoon unflavored gelatin
- 1/2 cup nonfat dry milk
- 1/8 teaspoon almond extract
- 3 tablespoons safflower oil

Chill the small bowl and beaters of an electric mixer. Meanwhile, in a small saucepan combine 1/4 cup of the orange juice and sugar; sprinkle with gelatin. Soften for 1 minute. Stir over

medium heat until sugar and gelatin are dissolved. Cool to room temperature. Place nonfat dry milk, almond extract and remaining 1/2 cup orange juice in the chilled bowl. Beat at high speed until soft peaks form. Slowly add gelatin mixture; beat until smooth, about 2 minutes. Slowly beat in safflower oil. Cover and refrigerate until ready to use, stirring just before using.

YIELD: 3 cups

Per 1/4 cup portion: 56 calories, less than 1 mg cholesterol.

### STRAWBERRY "CREAM" PIE

- Whole Wheat Pastry (recipe follows)
- 1 pint fresh strawberries, divided
- 1-1/4 cups chilled orange juice, divided
- 2 tablespoons sugar
- 1 envelope unflavored gelatin
- 1/2 cup nonfat dry milk
- 2 teaspoons grated orange peel
- 3 tablespoons safflower oil

Roll Whole Wheat Pastry between 2 sheets of wax paper into an 11- or 12-inch circle. Peel off top sheet of paper; invert pastry into an 8- or 9-inch pie pan; peel off remaining paper. Fit into pan. Flute edges and prick with fork tines. Refrigerate for 1 hour. Preheat oven to 400°F. Place a 12-inch square of aluminum foil on pastry; fill with dried beans or rice. Bake for 10 minutes. Remove foil and beans. Bake until firm, about 5 minutes. Set aside to cool. Hull strawberries. Place in the container of an electric blender. Whirl until smooth, stopping blender and scraping down sides of container if needed (makes 1-1/4 cups); set aside. Chill the small bowl and beaters of an electric mixer. Meanwhile, in a small saucepan combine 3/4 cup of the orange juice and sugar; sprinkle with gelatin. Soften for 1 minute. Stir over medium heat until sugar and gelatin are dissolved. Cool to room temperature. Place nonfat dry milk and remaining 1/2 cup orange juice in the chilled bowl. Beat at high speed until soft peaks form.

Slowly add gelatin mixture and orange peel; beat until smooth, about 2 minutes. Slowly beat in safflower oil. Fold in pureed strawberries. Refrigerate until mixture mounds on a spoon. Turn into baked pie shell. Refrigerate until firm. Garnish with strawberry halves and mint leaves, if desired. (Strawberry "Cream" filling can be spooned into dessert glasses instead of a pie shell.)

YIELD: 8 portions

Per portion (Strawberry "Cream" with Whole Wheat Pastry): 202 calories, less than 1 mg cholesterol.

Per portion (Strawberry "Cream" without Whole Wheat Pastry): 103 calories, less than 1 mg cholesterol.

### WHOLE WHEAT PASTRY

- 1/2 cup unsifted whole wheat flour
- 1/2 cup unsifted all-purpose flour
- 1/8 teaspoon salt
- 3 tablespoons safflower oil
- 3-1/2 tablespoons warm water
- 1 tablespoon lemon juice

In a medium bowl mix whole wheat and all-purpose flours and salt. Make a well. Combine safflower oil, water and lemon juice. Pour into well. Stir just until flour is moistened, adding more water if needed. Form into a ball.

YIELD: Pastry for 8- or 9-inch pie shell

Per portion (one-eighth recipe): 99 calories, 0 cholesterol.

### VANILLA ICE "CREAM"

- 1 cup water
- 3/4 cup nonfat dry milk
- 1/4 cup sugar
- 1/4 cup safflower oil
- 1 teaspoon pure vanilla extract
- 1/16 teaspoon salt (optional)

In a large bowl combine water, nonfat dry milk, sugar, safflower oil, vanilla and salt. Beat with an electric mixer at medium speed until milk dissolves and mixture is thick and foamy. Pour into a shallow baking pan; freeze until almost firm, stirring occasionally. Spoon into a medium bowl; beat with an electric mixer until smooth. Pack into a plastic container. Cover and freeze until firm. Serve garnished with fruit such as sliced kiwi, grapes and orange sections, if desired.

YIELD: 8 portions

1 quart

Variation: To make Chocolate Swirl Ice "Cream" combine in a small saucepan 3 tablespoons each unsweetened cocoa and sugar, 2 tablespoons water and 1 tablespoon safflower oil. Cook and stir until sugar dissolves, about 2 minutes. Cool. Stir into firm Vanilla Ice "Cream"; swirl with a spoon to marbleize. Freeze until firm.

Vanilla Ice "Cream"

Per 1/2 cup portion: 109 calories, 1 mg cholesterol.

Chocolate Swirl Ice "Cream"

Per 1/2 cup portion: 147 calories, 1 mg cholesterol.