

***Welcome to  
Brooksville Healthcare's  
Dietary Department***



# Southern Red Velvet Cake

## Ingredients

Vegetable oil for the pans  
2 1/2 cups all-purpose flour  
1 1/2 cups sugar  
1 teaspoon baking soda  
teaspoon fine salt  
teaspoon cocoa powder  
1/2 cups vegetable oil  
cup buttermilk, at room temperature  
large eggs, at room temperature  
tablespoons red food coloring (1 ounce)  
teaspoon white distilled vinegar  
teaspoon vanilla extract  
Cream Cheese Frosting, recipe follows  
Crushed pecans, for garnish  
Cream Cheese Frosting:  
1 pound cream cheese, softened  
4 cups sifted confectioners' sugar  
2 sticks unsalted butter (1 cup), softened  
1 teaspoon vanilla extract  
ADD CHECKED ITEMS TO GROCERY LIST



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## Directions

Preheat the oven to 350 degrees F. Lightly oil and flour 3 (9 by 1 1/2-inch round) cake pans. In a large bowl, sift together the flour, sugar, baking soda, salt, and cocoa powder. In another large bowl, whisk together the oil, buttermilk, eggs, food coloring, vinegar, and vanilla. Using a standing mixer, mix the dry ingredients into the wet ingredients until just combined and a smooth batter is formed. Divide the cake batter evenly among the prepared cake pans. Place the pans in the oven evenly spaced apart. Bake, rotating the pans halfway through the cooking, until the cake pulls away from the side of the pans, and a toothpick inserted in the center of the cakes comes out clean, about 30 minutes. Remove the cakes from the oven and run a knife around the edges to loosen them from the sides of the pans. One at a time, invert the cakes onto a plate and then re-invert them onto a cooling rack, rounded-sides up. Let cool completely. Frost the cake. Place 1 layer, rounded-side down, in the middle of a rotating cake stand. Using a palette knife or offset spatula spread some of the cream cheese frosting over the top of the cake. (Spread enough frosting to make a 1/4 to 1/2-inch layer.) Carefully set another layer on top, rounded-side down, and repeat. Top with the remaining layer and cover the entire cake with the remaining frosting. Sprinkle the top with the pecans. In a standing mixer fitted with the paddle attachment, or with a hand-held electric mixer in a large bowl, mix the cream cheese, sugar, and butter on low speed until incorporated. Increase the speed to high, and mix until light and fluffy, about 5 minutes. (Occasionally turn the mixer off, and scrape the down the sides of the bowl with a rubber spatula.) Reduce the speed of the mixer to low. Add the vanilla, raise the speed to high and mix briefly until fluffy (scrape down the bowl occasionally). Store in the refrigerator until somewhat stiff, before using. May be stored in the refrigerator for 3 days.

## Healthy Holidays

*Food is a major part of the festivities the during holiday season. The temptations of sweets and high fat foods are sometimes too much for someone who is trying to eat healthy to resist.*

### Steps to a Healthier Holiday

1. To avoid overeating, don't go to holiday meals or parties after not eating all day. Eat breakfast or have a light snack before you go.
2. Reduce your portion size. Take small amounts of your favorite holiday foods.
3. Listen to your stomach and stop eating when you are full.
4. Be physically active. It is a great way to burn off some of those extra calories, as well as relieve stress.
5. Move away from the food table. This reduces the urge to overeat and allows one to focus on spending time with family and friends.
6. Modify traditional holiday foods and recipes to reduce fat, sugar and sodium.
  - Baked Turkey - choose a plain bird over one that is self-basting to lower sodium. Remove skin before serving to lower the fat.
  - Gravy - skim the fat off of the meat juices to remove excess fat.
  - Stuffing - instead of using butter or margarine to add moisture, use fat-free, low sodium chicken broth.
  - Sweet potatoes/yams - Sweeten with apple or orange juice and add ground cinnamon for flavoring instead of adding butter and marshmallows.
  - Mashed potatoes - use skim milk, garlic powder and a little Parmesan cheese instead of whole milk and butter. Or use low-calorie margarine instead of butter.

Not letting yourself have special foods during the holiday season is almost certain to lead to overeating and guilt. Enjoy the holiday season and the special holiday foods that you like by planning ahead and watching portion sizes.

# *Grandma's Gingersnap Cookie*

Allrecipes.com

*5 dozen*

## **Ingredients**

2 cups sifted all-purpose flour

1 tablespoon ground ginger

2 teaspoons baking soda

1 teaspoon ground cinnamon

1/2 teaspoon salt

3/4 cup shortening

1 cup white sugar

1 egg

1/4 cup dark molasses

1/3 cup cinnamon sugar

## **Directions**

Preheat oven to 350 degrees F (175 degrees C).

Sift the flour, ginger, baking soda, cinnamon, and salt into a mixing bowl. Stir the mixture to blend evenly, and sift a second time into another bowl.

Place the shortening into a mixing bowl and beat until creamy. Gradually beat in the white sugar. Beat in the egg, and dark molasses. Sift 1/3 of the flour mixture into the shortening mixture; stir to thoroughly blend. Sift in the remaining flour mixture, and mix together until a soft dough forms. Pinch off small amounts of dough and roll into 1 inch diameter balls between your hands. Roll each ball in cinnamon sugar, and place 2 inches apart on an ungreased baking sheet.

Bake in preheated oven until the tops are rounded and slightly cracked, about 10 minutes. Cool cookies on a wire rack. Store in an air tight container.

