



Sargent Choice Test Kitchen

Join us in Stuvi lobby to learn an easy, apartment & budget-friendly recipe, designed by our Sargent Dietitians!

Tuesdays 5:30pm-8:30pm

Hosted by Karen Jacobs, OT, EdD

Faculty-in-Residence

33 Harry Agganis Way (StuVi2) Lobby

- 1/24: Plant Based Sloppy Joes
- 1/31: Sargent Choice Vegetarian Sushi
- 2/7: ScooperBowl Texas Caviar
- 2/14: Carrot Cakes for 2
- 2/28: Loaded Hummus Pitas
- 3/14: Vegan Irish Stew
- 3/21: Cranberry Orange Bread
- 3/28: Seasonal Spring Salad
- 4/4: Pesto Egg Salad Sandwiches
- 4/11 Crock Pot Matzo Ball Soup
- 4/25: Chickpea Salad Sandwich
- 5/2: Mini Vanilla Cake

*Note: all recipes in the SCTK are vegetarian for demonstration & cost purposes.
Recipes sheets with optional modifications will be provided at the event!*

**If you have any questions, please reach out to Karen at 617 785-0294 (mobile);
kjacobs@bu.edu**

More recipes can be found online at: <https://www.bu.edu/scnc/recipes/>

BU SARGENT CHOICE NUTRITION CENTER

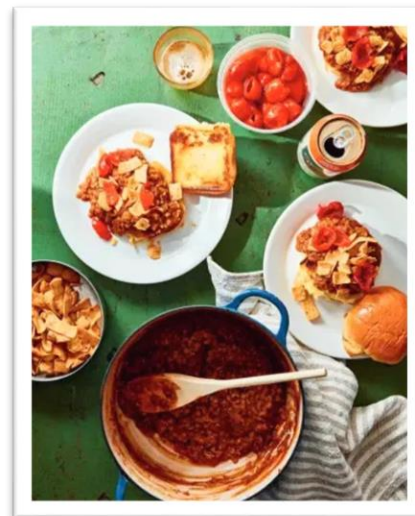
Sargent Choice Plant Based Sloppy Joes

Yield 4 servings

Adapted from *The Kitchn*

Ingredients

- 1 large yellow onion
- 1/4 cup cooking oil (olive, avocado, canola)
- Kosher salt
- 1 tablespoon chili powder
- 1 cup red lentils
- 1/2 cup tomato paste or ketchup
- 2 tablespoons Dijon mustard
- 1 tablespoon dark brown sugar
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon freshly ground black pepper
- 4 whole-grain burger buns



Directions

1. Coarsely chop 1 large yellow onion into small, bite-size pieces.
2. In a large pan, heat oil over medium. Season the onion with salt and add to cook (stir infrequently), 5 to 7 minutes. Add chili powder and cook until fragrant, 1 minute. Add 1 tablespoon soy sauce and stir, scraping up browned bits, until nearly evaporated, 1 to 2 minutes.
3. Add 4 cups water, red lentils, tomato paste/ketchup, Dijon mustard, dark brown sugar, low-sodium soy sauce, and ground black pepper. Season with a pinch of salt.
4. Bring to a simmer, then reduce the heat to medium-low and cook, stirring to unstick any lentils, until the lentils are tender and start to fall apart, 20 to 25 minutes. Simmer longer to thicken, add water if lentils are undercooked or dry.
5. Serve on toasted burger buns with more sliced pickled peppers.

To Complete the Meal: *Serve with a simple side salad of dressed greens or other favorite vegetable. Add cheese if desired.*

Refrigerate in a container for up to 4 days.

More recipes can be found online at: <https://www.bu.edu/scnc/recipes/>

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Sargent Choice Vegetarian Sushi

Yield 2 Rolls, 6 pieces each
Recipe Courtesy of SC Archives

Ingredients

2/3 cup dry short-grain rice
Or 2/3 cup short-grain brown rice
1 cup water + 1 teaspoon water
2 teaspoons light soy sauce
2 tablespoons seasoned rice vinegar
1 teaspoon wasabi powder or paste
2 (8 ¼ by 7 ¼ – inch) sheets roasted nori (dried layer)
½ Kirby cucumber, peeled, seeded, and cut into 1/16-inch-thick matchsticks
½ medium carrot, cut into 1/16-inch-thick matchsticks
½ small avocado, peeled and cut into thin slices
¾ ounces radish sprouts, roots trimmed
6 ounces firm tofu, cut into several long pieces



** Traditional recipes use white rice, which is nutrient dense in protein, energy, and other micronutrients. Short-grain white rice allows the sushi to stick together. If you are looking for opportunities to incorporate whole grains, you could try the recipe with brown rice, a whole grain variety – which means all parts of the rice grain are present, you can substitute it for the white rice. As a note, you may find a different flavor profile, texture, and more effort to get the rolls to stick together. The brown rice will also take longer to cook, so plan accordingly.*

Directions

1. Prepare rice as directed with 1 teaspoon soy sauce.
2. While rice is standing, stir together vinegar and remaining teaspoon soy sauce.
3. Transfer rice to a wide, nonmetal bowl and sprinkle with vinegar mixture. Toss gently with a large spoon to combine. Cool rice, tossing occasionally, for about 15 minutes.
4. Stir together wasabi and teaspoon of water to form a stiff paste. Let stand for at least 15 minutes to allow flavors to develop.
5. Arrange 1 sheet of nori shiny side down on a sushi mat lengthwise. With damp fingers, gently press half the rice onto the nori with a 1 ¾–inch border on the farthest edge.

More recipes can be found online at: <https://www.bu.edu/scnc/recipes/>



6. Starting 1-inch from the side nearest you, arrange half the cucumber matchsticks, carrot matchsticks, avocado slices, and tofu pieces in an even strip horizontally across the rice (You may need to cut pieces to fit). Repeat with half the radish sprouts, letting some sprout tops to extend beyond the edge.
7. Roll the bottom edge of mat toward the top edge while holding the filling in place and pressing firmly. Continue rolling to the top and press firmly to seal roll. Let stand for 5 minutes with the seam down and cut crosswise into 6 pieces with a wet knife.
8. Repeat steps 5-7 with the second sheet of nori.

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Sargent Choice ScooperBowl Texas Caviar

Yield 8 Servings

Adapted from Homesick Texan

INGREDIENTS

- 1 15-ounce can black beans
- 1 15-ounce can black-eyed peas
- 1 15-ounce can corn
- 1 small red onion (approx. ½ cup diced)
- 2 medium tomatoes (e.g., Roma tomatoes)
- 3 spears celery
- ½ bunch fresh cilantro
- 2 tablespoons olive oil
- 2 tablespoons lime juice OR the juice of 1 lime
- 2 cloves garlic, minced OR ¼ tsp garlic powder
- 1 teaspoon ground cumin
- 1 teaspoon cayenne*
- Salt to taste
- Black pepper to taste



Serving suggestions: Whole wheat tortillas, whole wheat pita, or multigrain tortilla chips for scooping.

INSTRUCTIONS

1. Rinse and drain black bean, black-eyed peas, and corn in a colander. Transfer to a large mixing bowl.
2. Dice the celery, red onion, and tomatoes in approximately ½ inch (1 cm) pieces, chopping the vegetables to be approximately the size of a bean. Add to the mixing bowl.
3. Roughly chop the cilantro and add to the mixing bowl.
4. Add olive oil, lime juice, garlic powder, cumin, and cayenne to the mixing bowl.
5. In a large bowl, stir together the black-eyed peas, red onion, garlic, grape tomatoes, jalapeño, celery, and cilantro, olive oil, lime juice, cumin, and cayenne until well combined.
6. Stir until well combined.
7. Taste and adjust seasonings as desired. Add salt and black pepper to taste.
8. Serve immediately or refrigerate. Store in an airtight container and refrigerator for up to 3 days.

*If you prefer a less spicy dish, start by adding ¼–½ tsp of cayenne, adjust to taste.

More recipes can be found online at: <https://www.bu.edu/scnc/recipes/>

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Sargent Choice Carrot Cakes for 2

Yield 2 Cakes

Adapted from Budget Bytes

Ingredients

Cake

- 1/3 cup whole wheat flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/8 teaspoon ground ginger (optional)
- 3-1/2 tablespoons brown sugar
- 1/4 teaspoon vanilla extract
- 2 tablespoons vegetable oil
- 1 medium carrot (1/4 cup finely grated carrot)

For the Oven: 1 large egg, yolk only

For Mug Cakes: 4 tablespoons of milk or water



Glaze

- 1/4 cup plain yogurt
- 1/4 teaspoon vanilla extract
- 2 tbs powdered sugar

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For the Oven:

1. Preheat oven to 350 degrees. Coat two small ramekins with oil, butter or spray.
2. In a medium bowl, combine flour, baking powder, salt, cinnamon, nutmeg, and ginger. Stir until evenly combined.
3. Peel the carrot. Use cheese grater or food processor to finely grate it into a separate bowl.
4. Add the egg yolk, brown sugar, vanilla, and vegetable oil to the bowl with the carrot. Whisk with a fork until combined.
5. Add the dry ingredients to the bowl of wet ingredients. Stir until just evenly combined.
6. Divide the batter between the two ramekins. Once filled, place the ramekins on a baking sheet to make it easier to transport the ramekins in and out of the oven.
7. Bake for 30 minutes or until a toothpick inserted into the center of the cakes comes out clean.
8. While the cakes are baking, place the yogurt, vanilla extract, and powdered sugar in a bowl. Whisk with a fork until well combined.
9. To avoid a runny glaze, allow the cakes to cool before glazing.

For Mug Cakes:

1. In a medium bowl, combine flour, baking powder, salt, cinnamon, nutmeg, and ginger. Stir until evenly combined.
2. Peel the carrot. Use cheese grater or food processor to finely grate it into a separate bowl.
3. Add the milk (or water), brown sugar, vanilla, and vegetable oil to the bowl with the carrot. Whisk with a fork until combined.
4. Add the dry ingredients to the bowl of wet ingredients. Stir until just evenly combined.
5. Divide the batter between the two 12-ounce microwave safe mugs or bowls.
6. Microwave each mug on high for 1 to 2 minutes.
7. Place the yogurt, vanilla extract, and powdered sugar in a bowl. Whisk with a fork until well combined.
8. Allow the cakes to cool before glazing to prevent the glaze from sliding off.
9. Repeat frosting steps from Oven prep.

Sargent Choice Loaded Hummus

Pitas

Yield: roughly 2 cups Hummus
Courtesy of SC Archives + Budget Bytes

Ingredients

Hummus:

- 1 (15-ounce) can chickpeas, drained
- 1/4 cup fresh lemon juice
- 1/4 cup tahini
- 1 garlic clove, minced
- 2 tablespoons olive oil, plus additional for drizzling
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 2-3 tablespoons water

Optional seasonings to flavor (paprika, garlic powder, red pepper flakes, sumac)

Cheese: Feta, parmesan

Vegetables:

Of your choice (cauliflower, broccoli, greens, asparagus), shredded carrots, pickled vegetables, olives, artichoke hearts, herbs and spices.

Instructions

More recipes can be found online at: <https://www.bu.edu/scnc/recipes/>



Hummus Hand Mixing:

1. Mix lemon juice and minced garlic to soften the raw garlic flavor.
2. Add tahini, olive oil and cold water, mix well.
3. Add chickpeas, mash with fork, spoon, or potato masher until achieve desired consistency.
4. Add cumin and salt to taste.
5. Add additional water, oil and seasonings to taste.

Hummus Food Processor:

1. In the bowl of a food processor, combine tahini and lemon juice. Process for 1 minute. Scrape sides and bottom of bowl then process for another 30 seconds to 'whip' the mixture.
2. Add the olive oil, minced garlic, cumin and salt to whipped tahini mixture. Process for 30 seconds. Scrape sides and bottom of bowl and process another 30 seconds.

Tip #1: Some chefs swear by peeling the chickpeas first to make the hummus very smooth and creamy. If you choose to try this, take a chickpea between your thumb and next two fingers, arranging the pointy end in towards your palm, and "pop!" the naked chickpea out. Discard the skin.

3. Add ½ drained chickpeas and process for 1 minute. Scrape sides and bottom of bowl add remaining chickpeas and process for 1 to 2 minutes more or until thick and smooth.
4. Slowly add 2 to 3 tablespoons of cold water and process until the consistency is smooth.

Tip #2: Adjust this recipe based on what you enjoy. Consider consistency (smooth or chunky), texture (dry or oilier), seasoning (plain or bursting with flavor) etc.

5. Scrape the hummus into a bowl, drizzle ½ to 1 tablespoon of olive oil over the top and sprinkle with paprika. Serve with baby carrots, cucumber slices and pita chips.

More recipes can be found online at: <https://www.bu.edu/scnc/recipes/>

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Pita Chips

Ingredients

Package of whole grain pita (as-is, or made into chips in recipe below)

Olive oil

Seasoning of choice (za'atar blend)

Instructions

1. Preheat oven to 425 degrees Fahrenheit
2. Open pita into two individual circles
3. Brush both sides of pita round with olive oil
4. Sprinkle seasoning of choice to lightly coat pita triangles
5. Cut into triangle pieces (about 8 pieces per pita circle)
6. Bake in oven for 5-8 minutes (watch first batch to prevent burning based on oven) - work in batches depending on how many you are making
7. Let chips cool before serving.

More recipes can be found online at: <https://www.bu.edu/scnc/recipes/>

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Sargent Choice Vegan Irish Stew

Yields ~4 bowls

Adapted from The Fiery Vegetarian

Ingredients

- 1 tablespoon oil, butter or spread
- 1-2 cloves garlic
- 1 large onion roughly chopped
- 2 ribs of celery, quartered and sliced
- 2 medium carrots sliced into half-moons
- 4 medium potatoes, chopped into bite-size chunks
- 2 cups TVP (textured vegetable protein)
- 1 cup frozen peas
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon dried thyme
- 1 bay leaf
- 4 cups vegetable stock
- Dried or chopped fresh parsley to garnish



Directions:

8. Heat oil or butter in a pot over medium heat. Add the garlic and onions to fry gently for 5 minutes.
9. Add the celery and fry for 5 minutes more. Stir periodically, until golden and soft.
10. Add all the other ingredients except the TVP and parsley.
11. Bring to a boil and then reduce to medium-high heat to remain at a lively simmer.
12. Check that the potatoes are almost cooked through after about 12 minutes. Turn the heat to low and stir in TVP to combine. Cover pot with a lid and cook for an additional 8 minutes.

More recipes can be found online at: <https://www.bu.edu/scnc/recipes/>

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Sargent Choice Cranberry Orange Bread

Yield 1 loaf or 2 Mug Cakes (see instructions) servings
Adapted from *platedcravings* and *fresh-out*

Ingredients

2 cups white whole wheat flour
1 ½ tsp baking powder
½ tsp baking soda
1/3 cup brown sugar
1/3 cup sugar
¾ tsp salt
1 tsp ground cinnamon
1 Tbsp orange zest, freshly grated (from 2 small oranges)
¼ cup butter (softened) or vegetable oil
1 large egg, room temperature
1 cup orange juice (including juice squeezed from oranges)
2 cups chopped fresh or frozen cranberries or 1 cup dried cranberries
**for microwave mug cakes, 'pop' and/or muddle fresh or frozen cranberries to break tension*



Glaze (optional)
¼ c powdered sugar
1 tsp orange juice

Instructions:

In Oven:

1. Preheat oven to 350°F. Grease and flour a 9x5-inch loaf pan.
2. In a medium bowl combine flour, baking powder, baking soda, salt, cinnamon, and orange zest. Set it aside.
3. In either the bowl of a stand mixer, using a hand mixer or a whisk and a large bowl, cream together sugar, butter or oil, and egg until smooth. Add orange juice and slowly mix until combined.
4. Add flour mixture to the butter mixture and beat until just combined and all the dry ingredients are just moistened. Fold in cranberries. Pour into prepared pan.
5. Bake for about 60 minutes until a toothpick inserted into the center comes out clean. Cool in the pan for 10 minutes, then turn out onto a wire rack to cool.

In Microwave (Use ¼ of ingredient quantities above)

1. Add orange juice to measuring cup and microwave for 10 seconds. Add the cranberries* and microwave for another 10 seconds (until warm & absorbing the orange juice).
2. Add half of the cinnamon and let cranberries soften for 5-10 minutes.
3. In a medium bowl: Combine flour, baking powder, baking soda, salt, rest of the cinnamon, and orange zest. Set aside.
4. In a separate bowl, cream together sugar, butter or oil, and egg until smooth.
5. Add the wet mixture to the dry mixture. Stir until the batter is smooth.
6. Pour into microwave-safe mugs and microwave for 80 seconds.
7. Check that it has fully cooked by inserting a toothpick or knife in the center and checking if it comes out clean. Cook for additional time if needed and when done, enjoy!

More recipes can be found online at: <https://www.bu.edu/scnc/recipes/>

Sargent Choice Seasonal Spring Salad

Yields 4 Servings
Adapted from epicurious

INGREDIENTS

1 cup dry farro
3 cups water
½ teaspoon salt

2 tablespoons fresh lemon juice
1 garlic clove
½ cup olive oil
½ teaspoon ground pepper

1 15oz can chickpeas, drained
1 large English cucumber, cut into ¼" pieces
1-pint cherry tomatoes, halved
2 radishes, thinly sliced
1 avocado, pitted and diced
2/3

Glaze: Combine orange juice and powdered sugar. Drizzle over cooled bread.

cup

chopped flat parsley
½ cup chopped fresh mint
2 scallions thinly sliced
½ cup crumbled feta cheese
Sea salt and freshly ground pepper to taste

INSTRUCTIONS

1. Bring farro, 1/4 teaspoon salt, and 3 cups water to a boil in a medium saucepan over high heat. Reduce heat to medium-low, cover, and simmer until farro is tender, about 30 minutes.
2. Meanwhile, whisk lemon juice and garlic in a small bowl. Gradually whisk in olive oil. Season dressing to taste with remaining salt and pepper.
3. Transfer cooled farro to a large bowl; mix in 1/4 cup dressing.
4. Add chickpeas, cucumber, tomatoes, radishes, herbs, radishes, scallions and feta to bowl with farro; toss to coat. Add diced avocado immediately before serving.
5. Drizzle the remaining dressing over.



More recipes can be found online at: <https://www.bu.edu/scnc/recipes/>

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Sargent Choice Pesto Egg Salad Sandwiches

Yield: 2 Sandwiches

Recipe modified from Taste of Home & two peas & their pod

Ingredients:

Sandwich

1/2 cup mayonnaise
1/4 red onion, finely chopped
2 Tablespoons Pesto (see recipe below)
Pinch of salt
Pinch of pepper
4 hard-boiled large eggs, chopped
4 slices whole wheat bread, toasted
1 cup Spinach Leaves

Pesto

1/4 cup olive oil
2 cups packed spinach leaves
1 cup packed basil leaves
1 clove garlic
1 tablespoon lemon juice
2 tablespoons shredded Parmesan cheese
1/4 teaspoon salt
1/8 teaspoon black pepper



Directions:

Pesto

1. If you are hand mixing, mince spinach, basil, garlic and cheese into very small pieces. Place in a bowl to whisk or stir with a fork.
2. If blending, place the olive oil, spinach, basil, garlic, garlic, lemon juice, parmesan cheese, salt, and pepper in a food processor or blender.
3. Turn on the machine and blend for 30 seconds. Stop and scrape with a spatula and blend again until smooth. Salt & pepper to taste.

Store up to 2 weeks in a sealed, refrigerator container or freeze.

Sandwich

1. In a small bowl, combine the first five ingredients. Gently stir in chopped eggs. Spread over two toast slices; top with spinach and remaining toast.

More recipes can be found online at: <https://www.bu.edu/scnc/recipes/>

Sargent Choice Crock Pot Matzo Ball Soup

Yield: 4 servings

Recipe modified from Tasty

Ingredients

Soup

4 cups vegetable stock
2 cups water
2 stalks celery
1 small onion, diced
2 small carrots, shredded, sliced, or diced
1 garlic clove, minced OR ½ tsp garlic powder
1 ½ teaspoon salt
1 teaspoon dried thyme or other dried herb
½ teaspoon pepper
1 bay leaf



Matzo Balls

½ cup whole wheat matzo meal (boxed, or from finely crushed matzo crackers)
2 large eggs
2 tablespoons vegetable oil or olive oil
2 tablespoons water
1 teaspoon salt
¼ teaspoon dried dill OR ¾ teaspoon fresh dill, chopped (optional)

Directions:

Matzo Balls

1. In a medium bowl, beat the eggs.
2. Add the oil, matzo meal, salt, and dill and beat until combined.
3. Add the water and mix until blended.

Cover and allow to rest for at least 20–30 minutes at room temperature or in the refrigerator.

Slow Cooker Version

1. Add soup ingredients to the slow cooker. Stir until well mixed.
2. Cook on HIGH for 3 – 4 hours or on LOW for 6–8 hours.
3. When soup has finished cooking, set the slow cooker to HIGH.
4. Remove matzo meal batter from refrigerator. Wet hands and form matzo meal batter into 1-inch balls.
5. Carefully drop the matzo balls into the soup. Cover and cook for another 30–40 minutes.
6. Remove bay leaf and serve.

To complete the plate: add white beans or chicken to the soup at slow-cooker step 1 for protein.

Sargent Choice Chickpea Salad Sandwich

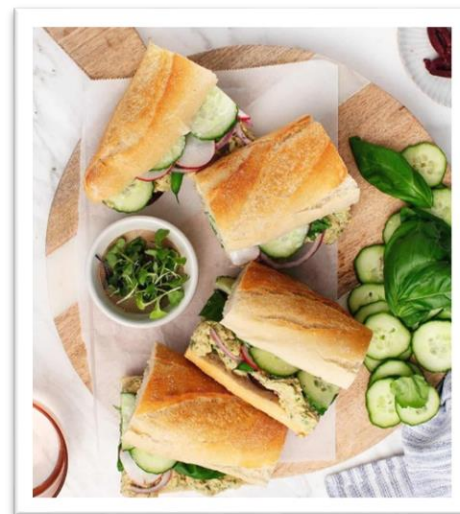
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Yield: ~3 Sandwiches
Recipe modified from loveandlemons

Ingredients:

- 1/4 cup Mayonnaise or Plain Greek Yogurt (*increase in 1 tbsp increments for creamier salad*)
- 2 teaspoons lemon juice (or juice from 1/2 lemon)
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 1 tablespoon minced fresh dill (or substitute 1/2 tablespoon dry dill), reserve some for garnish
- 1 tablespoon minced fresh parsley (or substitute 1/2 tablespoon dried parsley), reserve some for garnish
- 1 (15-ounce) cans chickpeas, rinsed
- 1/2 cup finely diced celery (about 2 stalks)
- 1/4 cup thinly sliced scallions, white and green parts (2 scallions)
- 6 slices whole grain bread



Directions:

Step 1

In a small bowl, combine the Greek yogurt, lemon juice, dijon mustard, salt, and pepper. Whisk until smooth, then add the dill and parsley and stir to combine. Set aside.

Step 2

Place the chickpeas in a large bowl and using a fork, lightly mash about 1/3 of them. Add the celery and scallions and toss.

Step 3

Pour the dressing over the salad, toss well, taste, and adjust seasonings and/or herbs as preferred. Set aside at room temperature for at least 30 minutes before serving. Sprinkle with more dill and parsley and serve.

(*If you're not serving the dish immediately, you can store it in the refrigerator for up to 2 days. Let sit at room temperature for 30 minutes before serving.)

More recipes can be found online at: <https://www.bu.edu/scnc/recipes/>

Sargent Choice Mini Vanilla Cake

Yield: 6-8 slices or 1 Mug Cake

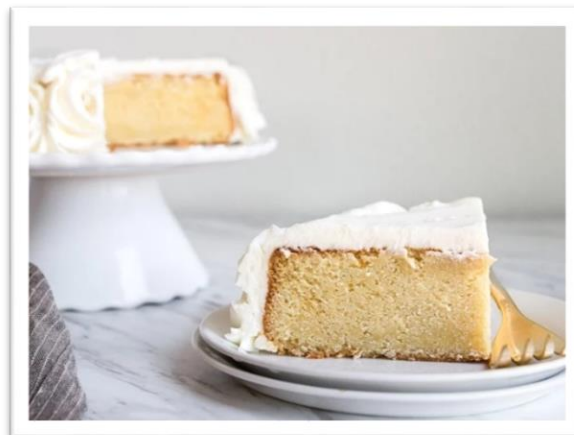
Recipe modified from Dessert for Two and Tastes Better from Scratch

Ingredients:

Oven

6 tablespoons unsalted butter, softened
½ cup granulated sugar
1 large egg
1 tablespoon vanilla extract
¾ cup white whole-wheat flour
⅛ teaspoon fine salt
¼ teaspoon baking soda
6 tablespoons milk
½ teaspoon apple cider vinegar*

** Instead of whole milk and apple cider vinegar, you can use 6 tablespoons of buttermilk*



For Icing:

4 tablespoons (½ stick) unsalted butter, at room temperature
1 cup powdered sugar
1 teaspoon vanilla extract
½ tablespoon heavy cream

Instructions:

Oven Cake:

1. Preheat the oven to 350 and spray a 6" round cake pan with 2" sides with cooking spray. Line the bottom of the pan with a round of parchment paper.
2. In a medium-size bowl, beat together the butter and sugar with an electric mixer, or vigorously by hand. Beat very well, about 1-2 minutes (6-8 mins by hand).
3. Add the egg and vanilla, and beat until well-combined, about 15 seconds.
4. In a separate small bowl, whisk together the flour, salt and baking soda. Add half of the this to the batter and beat for just a few seconds before stirring in half of the milk and vinegar. Continue beating. Add the remaining dry ingredients and beat, and then stir in the remaining milk.
5. Scrape the batter into the prepared pan, smooth out the top, and bake on a small sheet pan for 35-40 minutes, until a toothpick or knife comes out clean.
6. Let the cake cool on a wire rack in the pan. Carefully remove it from the pan, pulling away the parchment paper once it has cooled.

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Microwave Version

Ingredients:

¼ cup +1 ½ teaspoons white whole-wheat flour
2 tablespoons sugar
¼ teaspoon baking powder
1/8 teaspoon salt
2 tablespoons butter or vegetable oil, melted
3 tablespoon milk
1/2 teaspoon vanilla extract

Instructions:

1. Add flour, sugar, baking powder, and salt to a mug and stir together.
2. Stir in milk, melted butter or oil, and vanilla extract until smooth, ensuring the bottom of the mug is scraped and mixed in.
3. Cook in microwave for 70-90 seconds (until cake is just set, but still barely shiny on top. It may appear undercooked but will continue cooking as it rests). Allow to rest in microwave for 1 minute before consuming.

Buttercream:

1. Beat the butter in a medium-size bowl with an electric mixer or whisk until light and fluffy. Add the powdered sugar, vanilla and heavy cream, and beat until light and fluffy. If the mixture seems too stiff, add a splash of heavy cream.
2. Frost the cooled cake with buttercream. Extra frosting can be placed in a piping bag to decorate the cake.

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