

Coconut Cupcakes

AMBER BONNY BURHANS, GRANTS, NM

Aspiring chef Burhans tells us these buttery cupcakes are one of her signature dishes. She hopes to attend culinary school next year.

PREP AND COOK TIME: 45 minutes, plus about 40 minutes for cooling and frosting

MAKES: 30 cupcakes

2 1/4 cups butter, at room temperature
2 cups granulated sugar
4 large eggs
2 teaspoons each vanilla and almond extracts
3 cups all-purpose flour
1/2 teaspoon each baking powder, baking soda, and salt
1 cup coconut milk
1 1/2 cups flaked coconut, plain or toasted
8 ounces cream cheese, at room temperature
2 3/4 cups powdered sugar

1. Preheat oven to 350°. In a large bowl, cream together 2 cups butter and granulated sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Mix in 1 1/2 teaspoons each vanilla and almond extracts.

2. In another large bowl, combine flour, baking powder, baking soda, and salt. Add to butter and sugar mixture in 3 batches, alternating with coconut milk. Stir 1 cup flaked coconut into the batter.

3. Fill 30 paper-lined muffin cups (1/2-cup capacity) in two or more muffin pans about 2/3 full with batter. Bake until a toothpick inserted into the center of a cupcake comes out clean, 15 to 20 minutes. Cool for 10 minutes before removing muffins from pans. Cool completely.

4. Meanwhile, in a medium bowl, beat cream cheese, 3/4 cup butter, and 1/2 teaspoon each vanilla and almond extract until smooth. Gradually beat in powdered sugar. Frost cupcakes and sprinkle with remaining coconut.

Per cupcake: 359 Cal., 58% (207 Cal.) from fat; 3.1 g protein; 23 g fat (15 g sat.); 36 g carbo (0.6 g fiber); 282 mg sodium; 82 mg chol.

Asparagus Frittata

SUSAN MULVIHILL, SPOKANE

Mulvihill created this protein-rich dish after

PREP AND COOK TIME: 20 minutes

MAKES: 6 servings

2 teaspoons olive oil
1 small onion, thinly sliced
1/2 teaspoon salt
1 pound asparagus, tough stem ends snapped off and spears cut diagonally into 1-inch lengths
4 large eggs, lightly beaten
1 cup shredded Gruyère or Swiss cheese

1. Preheat broiler. Pour olive oil into a 10-inch ovenproof frying pan over medium-high heat. Add onion and salt and stir until onion is softened but not browned, about 3 minutes. Add asparagus, reduce heat to medium-low, and cook, covered, until asparagus is barely tender, 6 to 8 minutes. Pour in eggs and cook until almost set but still runny on top, about 2 minutes.

2. Sprinkle cheese over eggs and broil until cheese is melted and browned, 3 to 4 minutes. Slide frittata onto a serving platter and cut into wedges.

Per serving: 163 Cal., 61% (99 Cal.) from fat; 12 g protein; 11 g fat (4.8 g sat.); 4.8 g carbo (1 g fiber); 305 mg sodium; 162 mg chol.

Strawberry Fields Forever Salad

JENNA BURKE, HILLSBORO, OR

Too many ripe strawberries (is there such a thing?) led Burke to come up with some new uses. This sweet and savory salad is one happy result.

PREP TIME: 20 minutes

MAKES: 6 servings

1/4 cup extra-virgin olive oil
1/4 cup balsamic vinegar
1/4 teaspoon dry mustard
Salt and pepper
8 cups mixed salad greens
6 large strawberries, hulled and sliced
1/2 cup chopped toasted pecans
1/4 cup thinly sliced red onion
1/2 cup crumbled blue cheese

1. In a small bowl, whisk together olive oil, vinegar, and dry mustard. Add salt and pepper to taste.

2. In a large bowl, combine salad greens, strawberries, pecans, and red onion. Toss with dressing. Top with blue cheese and serve.