

Lemon pudding cake

INGREDIENTS:

- 1 cup sugar
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{4}$ cup all-purpose flour
- 4 tablespoons butter, melted
- $\frac{1}{3}$ cup freshly squeezed lemon juice
- Grated zest of 1 lemon
- 3 eggs, separated
- $1\frac{1}{2}$ cups milk

INSTRUCTIONS:

Preheat oven to 350°. Butter a 1½-quart baking dish or an 8-inch square baking pan. Get out a slightly larger pan, at least 2 inches deep, that will hold the cake pan comfortably.

Combine $\frac{3}{4}$ cup sugar, the salt and flour in a mixing bowl; stir to blend. Add melted butter, lemon juice and zest and egg yolks; stir until thoroughly blended. Stir in milk.

Beat egg whites with remaining $\frac{1}{4}$ cup sugar until stiff but not dry.

Fold beaten egg whites into lemon mixture. Pour into prepared baking dish. Set dish in larger pan and pour in hot water to come halfway up sides of baking dish. Bake for about 45 minutes, until top is lightly browned. Serve warm or chilled.

Serves 6

PER SERVING: 295 calories, 6 g protein, 42 g carbohydrate, 12 g fat (7 g saturated), 135 mg cholesterol, 187 mg sodium, 0 fiber.