

Lemon pudding cake

This is an old favorite of mine from days past, and a lovely light dessert. All the ingredients are mixed in one bowl, but something magic happens in the oven: The batter separates into two layers, a creamy lemon pudding on the bottom, a light sponge cake on top.

INGREDIENTS:

- 1 cup sugar
- 1/8 teaspoon salt
- 1/4 cup all-purpose flour
- 4 tablespoons butter, melted
- 1/3 cup freshly squeezed lemon juice
- Grated zest of 1 lemon
- 3 eggs, separated
- 1 1/2 cups milk
- Whipped cream (optional)

INSTRUCTIONS: Preheat the oven to 350°. Butter a 1 1/2-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 3/4 cup of the sugar, the salt and flour in a mixing bowl; stir to blend. Add the melted butter, lemon juice and zest and the egg yolks; stir until

thoroughly blended. Stir in the milk.

Beat the egg whites in a bowl with the remaining 1/4 cup sugar until they are stiff but not dry. Fold the beaten egg whites into the lemon mixture. Pour into the prepared baking dish.

Set the dish in the larger pan and pour in hot water to come halfway up the sides of the baking dish. Bake for about 45 minutes, until the top is lightly browned.

Serve warm or chilled, topped with whipped cream, if desired.

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.