

A Slimmer Red, White & Blue

Swimming, fishing, running through the sprinkler, smoky grills, potato salad and burgers are what this time of year's all about. And come the 4th of July, it's parades, fireworks and, of course, flag cake! This patriotic sweet is undeniably tasty and festive. The only thing not to like: most recipes for flag cake are burdened with heaps of sugar, saturated fat and calories. So as a duty to our country we bring you a lighter version this year. (See page 58 for details on how we did it.) Now our only concern: this cake is too good to have just once a summer. So for all the other days, we've come up with another way to artfully arrange berries. See our idea on the next page. —*Jessie Price*



To see step-by-step photos for decorating this flag cake
come to eatingwell.com/go/flagcake

Simple swaps save big on calories, saturated fat and sugar

SKIP GOBS OF BUTTER.

To reduce saturated fat in the cake, use half butter and half canola oil. Less sat. fat means it's better for heart health.

LIGHTEN UP THE FROSTING.

Use reduced-fat cream cheese instead of full-fat. Skip butter and blend it with low-fat Greek yogurt instead. Keep sugar to a minimum to slash calories.

PUT DOWN THE PIPING BAG.

Forget piping frosting to make white stripes and stars. Keep it light by using fruit to make beautiful decorations. Get white stripes with a dusting of confectioners' sugar.

SLICE SENSIBLY.

No matter how many calories you trim from a sweet treat, it's still just that: a sweet treat. So eating a healthy portion is as important as always. Cut this cake into 20 servings.

healthy in a hurry makeovers

EatingWell Flag Cake

Recipe by Katie Webster

Makes: 20 servings

Active time: 1¼ hours Total: 3 hours

To make ahead: Prepare frosting and refrigerate for up to 3 days. Let come to room temperature before using.

Cake

- 1¾ cups granulated sugar
- ½ cup canola oil
- 4 tablespoons unsalted butter, at room temperature
- 4 large eggs, at room temperature (see Tip, page 100)
- 2 cups whole-wheat pastry flour or all-purpose flour
- 1 cup cake flour
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 cup buttermilk
- Zest and juice from 1 lemon
- 2 teaspoons vanilla extract
- ½ teaspoon almond extract

Frosting & Decoration

- 12 ounces reduced-fat cream cheese (Neufchâtel), at room temperature
- ½ cup confectioners' sugar plus 2 tablespoons, divided
- 3 tablespoons low-fat plain Greek yogurt
- ½ teaspoon vanilla extract
- 1½ cups raspberries
- ½ cup blueberries
- 2 cups strawberries, sliced

1. **To prepare cake:** Preheat oven to 350°F. Line the bottom of a 9-by-13-inch baking pan with parchment paper; coat the paper and sides of the pan with cooking spray.
2. Beat granulated sugar, oil and butter in a large mixing bowl with an electric mixer on medium speed until well combined. Beat in eggs, one at a time, until just incorporated.

3. Whisk whole-wheat (or all-purpose) flour, cake flour, baking powder, baking soda and salt in a medium bowl. Combine buttermilk, lemon zest, lemon juice, 2 teaspoons vanilla and almond extract in a measuring cup. With the mixer on low speed, add the dry ingredients to the mixing bowl alternately with the buttermilk mixture, beating just until incorporated after each addition, scraping down the sides as necessary. Spread the batter in the prepared pan.
4. Bake until a toothpick inserted in the center comes out clean, 28 to 34 minutes. Let cool in the pan on a wire rack for 15 minutes. Turn out onto the rack and let cool completely, about 1 hour.
5. **To prepare frosting:** Beat cream cheese, ½ cup confectioners' sugar, yogurt and ½ teaspoon vanilla in a mixing bowl until smooth.
6. **To decorate:** Invert the cake onto a platter. Spread the frosting over the top and sides. Mark 3 horizontal lines for the white "stripes" and a rectangle in the upper lefthand corner for the "blue rectangle." Gently pat berries with a paper towel to dry. Make 3 "stripes" of raspberries on the marked lines. Place half of the blueberries in the "blue rectangle," leaving space between each berry. Sift the remaining 2 tablespoons confectioners' sugar over the raspberries and blueberries to make them the white "stripes" and "stars." Fill the rest of the "blue rectangle" with the remaining blueberries. Place strawberries between the rows of raspberries as the red "stripes."

Per serving: 264 calories; 11 g fat (4 g sat, 4 g mono); 57 mg cholesterol; 35 g carbohydrate; 16 g added sugars; 5 g protein; 2 g fiber; 212 mg sodium; 113 mg potassium. **Nutrition bonus:** Vitamin C (24% daily value).

FLAG CAKE PER SLICE	CALORIES	SAT. FAT (G)	ADDED SUGAR (G)
Traditional	715	26	52
EatingWell	264	4	16
You Save	451	22	36

◀ **Instead of a flag, make a flower garden:** Use blueberries and raspberries to make flowers. Arrange strawberry slices around the edge of the cake. **Post a picture** of your own creation on our Facebook wall at [facebook.com/eatingwell](https://www.facebook.com/eatingwell) and we'll share your photos to inspire the rest of our fans.

