

# Kitchen Quickie

## Warm Up and Celebrate\* with Devil's Food Heart Cakes

Serves 8-12 (or 1 very hungry individual)

### Ingredients:

- 1 cup unbleached all- purpose flour
- 1/3 cup unsweetened natural cocoa powder
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 cup espresso, brewed and cooled
- 1/2 cup vegetable oil
- 1/2 cup whole milk
- 1/2 teaspoon vanilla extract
- 1 cup granulated cane sugar
- 1 extra large egg (at room temperature)
- Confectioner's sugar, chocolate syrup, and whipped cream or ice cream ( for garnish)



\*January 27th is National Chocolate Cake Day. Indulge yourself... after all, it's a holiday.

### Directions:

1. Preheat the oven to 375°F. Line a 9"x9" baking pan with parchment paper. A nonstick pan may be substituted.
2. Stir the flour, cocoa powder, baking powder and salt together into a bowl. Stir the baking soda into the espresso in another bowl, and then stir in the oil, milk and pure vanilla extract.
3. Combine the sugar and egg in a medium bowl and whisk together by hand. Whisk in the flour mixture in 2 additions, alternately with the coffee mixture in 1 addition. Fold in the orange zest with a rubber spatula.
4. Pour the batter into the pan.
5. Place on the middle shelf of the oven and lower the oven temperature to 325°F.
6. Bake for 30-40 minutes. Check the cake with a toothpick at 25 minutes and then again every 5 minutes until the toothpick comes out clean. Let cool completely.
7. (Optional) Lightly grease a 3-inch heart-shaped cookie cutter and use to cut into individual servings.
8. Plate and serve with a dusting of confectioners' sugar. Garnish with chocolate syrup and whipped cream or vanilla ice cream.

\*January 20th is National Cheese Lovers' Day. Another reason to add cheese to... everything.

## Get Cheesy and Celebrate\* with Swiss Cheese Onion Crostini

Serves 8

### Ingredients:

- 2-3 tablespoons extra virgin olive oil
- 2 yellow or white onions, very thinly sliced (about 3 cups)
- 1 teaspoon dried thyme
- Salt and freshly ground black pepper
- 1 large baguette, sliced on the diagonal into 12-16 slices, about 1/2-inch thick
- 2 tablespoons Dijon mustard
- 2 cups grated Gruyère cheese (see below)

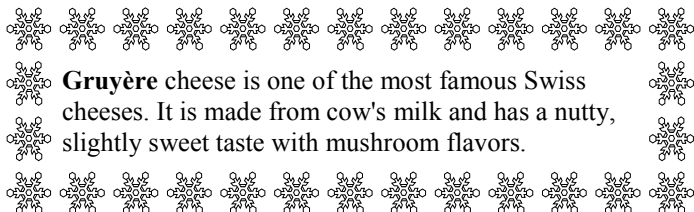


### Directions:

Preheat oven to 425°F. In a large skillet, heat oil over medium-high heat; add onions. Let onions cook at least 3 minutes before stirring (they should start to brown before you move them around). Continue to cook, stirring only occasionally, about 20 minutes, until onions are well browned. Add thyme and season with salt and pepper. Spread bread slices with a little mustard. Divide onion mixture evenly over bread slices then top each with cheese. Place on a foil-lined baking sheet; bake 10 mins. or until cheese is melted.

### Nutrition Information

Per serving (about 2 baguette pieces): 220 calories, 15g total fat, 7g sat. fat, 35mg cholesterol, 410mg sodium, 11g total carbohydrate (1g dietary fiber, 3g sugar), 11g protein



Gruyère cheese is one of the most famous Swiss cheeses. It is made from cow's milk and has a nutty, slightly sweet taste with mushroom flavors.