

Children cakes—Tree-nut Free

Corn Cakes Topped with Goat Cheese and Bacon



INGREDIENTS

- 5 thick bacon slices, cut into 1/2-inch pieces
- 4 tablespoons (about) vegetable oil
- 1 10-ounce package frozen corn kernels, thawed
- 1 cup chopped onion
- 3/4 cup buttermilk
- 1 large egg
- 5 ounces soft fresh goat cheese (such as Montrachet), crumbled
- 1 cup yellow cornmeal
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1/4 teaspoon cayenne pepper
- Chopped green onions

PREPARATION

1. Cook bacon in heavy large skillet over medium heat until crisp. Using slotted spoon, transfer to paper towels and drain.
2. Pour off all but 2 tablespoons drippings from skillet. Add 1 tablespoon oil to drippings in skillet. Add corn and onion; sauté over medium heat until onion is golden, about 5 minutes. Remove from heat.
3. Combine buttermilk, egg and 1/4 cup goat cheese in large bowl; whisk to blend. Add cornmeal, baking powder, salt, baking soda and cayenne and mix well. Stir in corn mixture.
4. Heat 1 tablespoon oil in heavy large skillet over medium heat. Working in batches, drop batter by generous tablespoonfuls into skillet. Cook until bottom of each corn cake is brown, about 1 minute. Turn corn cakes and cook until second side is brown, about 1 minute.
5. Transfer to baking sheet. Repeat with remaining batter, adding more oil to skillet as needed. (Can be prepared 2 hours ahead. Let corn cakes and bacon stand at room temperature. Before serving, rewarm cakes on baking sheet in 400°F oven until heated through, about 5 minutes.)
6. Arrange corn cakes on platter. Top each with generous 1/2 teaspoon goat cheese. Sprinkle with bacon and green onions and serve.

Per Serving: calories, 88; total fat 5.0; protein 3.0.

Cottage Cheese Pancakes



INGREDIENTS

- 1 pound low-fat cottage cheese
- 2/3 cup whole wheat flour
- 1/3 cup multigrain oatmeal
- 2 egg yolks
- 3 tablespoons honey
- 2 tablespoons milk
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon ground cardamom
- 6 egg whites
- Vegetable oil
- Accompaniment: Peach and Berry Salad

PREPARATION

1. Mix cottage cheese, flour, oatmeal, egg yolks, honey, milk, vanilla and cardamom in large bowl. Beat whites in another large bowl until stiff but not dry. Fold whites into cottage cheese mixture in 2 additions.
2. Preheat oven to 200°F. Heat large nonstick skillet over medium heat. Brush with oil. Spoon batter onto skillet by 1/3 cupfuls, forming 4-inch-diameter pancakes.
3. Cook pancakes until bottoms are brown and bubbles form on top, about 3 minutes. Turn; cook until bottoms are brown and pancakes are cooked through, about 4 minutes.
4. Transfer to plate and place in oven to keep warm. Repeat with remaining batter. Serve immediately; pass Peach and Berry Salad to spoon over pancakes.

Banana Clafouti



INGREDIENTS

- 1/3 cup plus 1 tablespoon sugar
- 2 tablespoons all-purpose flour
- 2 large eggs
- 2/3 cup milk
- 2 teaspoons vanilla extract
- 1/4 teaspoon salt
- 1 large banana, cut into 1/2-inch slices
- 1 tablespoon unsalted butter, cut into bits

PREPARATION

1. In a blender blend together 1/3 cup of the sugar, the flour, the eggs, the milk, the vanilla, and the salt until the mixture is smooth.
2. Arrange the banana slices in one layer in a buttered 3-cup gratin dish or flameproof shallow baking dish, pour the pudding over them, and bake the clafouti in the middle of a preheated 400°F.
3. oven for 20 minutes, or until the top is puffed and springy to the touch. Sprinkle the top with the remaining 1 tablespoon sugar, dot it with the butter, and broil the clafouti under a preheated broiler about 3 inches from the heat for 1 to 2 minutes, or until it is browned.

Per Serving: calories,426 ; total fat 13.0; protein 10

Apple and Tart Cherry Pie



INGREDIENTS

- 3/4 cup sugar
- 4 1/2 tablespoons cornstarch
- 1 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 1/8 teaspoon ground cardamom
- 3 to 3 1/4 pounds large Granny Smith or Pippin apples (about 6), peeled, quartered, cored, sliced crosswise
- 3/4 cup dried tart cherries
- 1/4 cup cherry preserves
- 2 Easy Pastry Dough disks
- 1 egg, beaten to blend (for glaze)

PREPARATION

1. Position rack in lowest third of oven and preheat to 400°F. Stir first 5 ingredients in large bowl. Mix in apples, dried cherries and preserves.
2. Roll out 1 dough disk on lightly floured surface to 13-inch round. Transfer dough to 9-inch-diameter glass pie dish. Brush inside and top edge of crust with glaze. Spoon filling into crust. Roll out second dough disk on floured surface to 13-inch round.
3. Cut out small hole from center. Arrange dough over filling. Seal top crust to bottom crust at edge. Trim double overhang to 3/4 inch. Fold under, crimp edge. Brush crust (except edge) with glaze.
4. Place pie on baking sheet. Bake until apples are tender; cover crust with foil if browning too quickly, about 1 hour 15 minutes. Cool on rack. (Can be made 1 day ahead. Store at room temperature.)

Per Serving: calories,298.0 ; total fat 5.0; protein 2.0