

Vegetable Cake

Unit: 8" Skillet

- 1 - Sliver of cabbage shredded on #1 blade (1/16 of a medium head)**
- 1/2 - of a cake mix. (We use Spice or Chocolate)**
- 1 - Medium carrot shredded on #1 blade**
- 2 - Eggs or 4 egg whites**

Combine all of the ingredients in a bowl and stir thoroughly. The cake mix should be extremely thick like pudding. If it is too dry, continue mixing the cake and more water will release from the vegetables.

Liberally coat the pan (2qt. or small skillet) with cooking spray or olive oil and place the cake mix in the pan. Place on medium-low heat (3 on 1 -10) for 15 minutes and check to see if the top of the cake is done. Continue cooking and check in 5 minutes if it isn't done and it should be. Flip the cake out of the pan, let it cool and serve with icing of your choice.

Notes:

Sometimes you may get too much moisture in the cake when it is combined and the cake might not want to get done on top. If this happens, take a dry paper towel and dry the inside of the top of the lid and check in 5 minutes. Dry the top of the lid again if it isn't done and check in 5 more minutes. the moisture collects on the inside of the lid if it is too moist and it drips back down on top of the cake so drying it will get it done and next time, use fewer vegetables! :)

For cherry upside down cake:

Instead of spraying the pan, pour 1/2 of a can of cherry pie filling into the bottom of the cold pan. Pour the cake on top and cook on medium heat until it clicks and then low for 10- 15 minutes. Cut around the sides of the cake and flip it onto a plate. Pour the cherries from the pan on top and finish with the remaining canned cherries.



HEALTH QUEST