Lemon Chickpea Cake

This recipe is published by the USA Dry Pea & Lentil Council - www.pea-lentil.com - in their pamphlet: Simple Foods for a Healthy Lifestyle. I was curious to try the recipe for texture and taste and was pleasantly surprised to find that unless you know there are chickpeas (also known as garbanzo beans) in the recipe it is almost impossible to detect a bean flavor. The texture is dense and moist like a pound cake, although not as oily. It has a delightful lemony flavor with sweetness complimented by tartness. When I make it again I will probably add poppy or chia seeds to the cake batter and sprinkle them on the inner layer of the frosting. Enjoy! Jodi Charvoz, MEd, RD - jcharvoz@email.arizona.edu

Ingredients (12 servings)
Cake:
One 15 oz. can chickpeas (garbanzo beans), drained and rinsed
4 tablespoons lemon juice
¼ cup canola oil
2 tablespoons grated lemon zest
2 egg yolks
2 egg whites
2/3 cup unbleached, all-purpose flour
1 cup sugar, divided
2 teaspoons baking powder
¼ teaspoon salt
1/8 teaspoon cream of tartar

Preheat oven to 350˚. Grease and lightly flour two 8-inch round cake pans. In a blender or food processor purée chickpeas with lemon juice, oil, and lemon zest. Add egg yolks and blend well. Turn the mixture into a large bowl.

In a medium bowl, combine flour, ½ cup sugar, baking powder, and salt. Add to the puréed chickpea mixture. Mix well.

In another medium bowl, beat the egg whites and cream of tartar until foamy. Gradually add the remaining ½ cup sugar, beating until stiff peaks form.

Fold the beaten egg whites into the chickpea purée. Pour into prepared pans and bake 30 to 35 minutes, or until a toothpick inserted into the center of the cake comes out clean. Cool 10 minutes, then remove cake from pans. Cool completely. Frost with lemon frosting.

Lemon Frosting:
Makes 1 ½ cups
2 cups powdered sugar
1 teaspoon vanilla extract
1 tablespoon unsalted butter, softened
2+ tablespoons lemon juice
1 teaspoon lemon zest

In a medium bowl, mix all the ingredients with a mixer; add additional lemon juice or a little water to achieve the desired consistency.
Nutrition facts per serving:
Calories: 240
Carbohydrate: 44 grams
Fiber: 2 grams
Protein: 4 grams
Fat: 7 grams
Saturated fat: 1 gram
Sodium: 170 mg