Pound Cake

16 servings

- 1 cup vegetable shortening
- 2 cups sugar
- 7 eggs
- 1 tsp vanilla
- 1 tsp lemon extract (or grated peel from one lemon)
- 2 cups all-purpose flour

1. Preheat oven to 350°.
2. Use an electric mixer to beat the shortening and sugar together.
3. Add the eggs one at a time, beating after each addition.
4. Add the vanilla and lemon extracts.
5. Add the flour and mix for 2 minutes.
6. Pour batter into a pan that has been greased and floured. You may use a tube (bundt) pan or a loaf pan (about 9 x 5 x 3).
7. Bake at 350° for about 50 minutes until top is crusty and golden.
8. Allow cake to cool before cutting.

Toppings
- Top the pound cake with fresh or frozen fruit
- Sift powdered sugar over the cake

Healthy Menu

Beef Stew with Vegetables
Tossed Salad
Pound Cake with Strawberries
Lowfat Milk