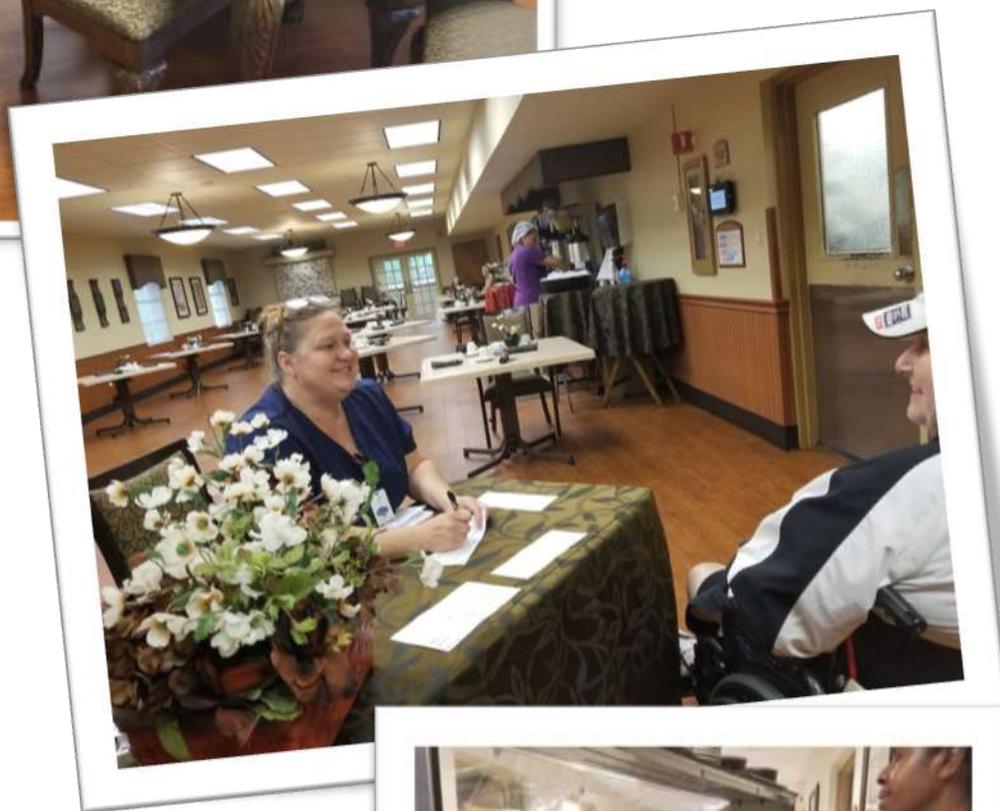
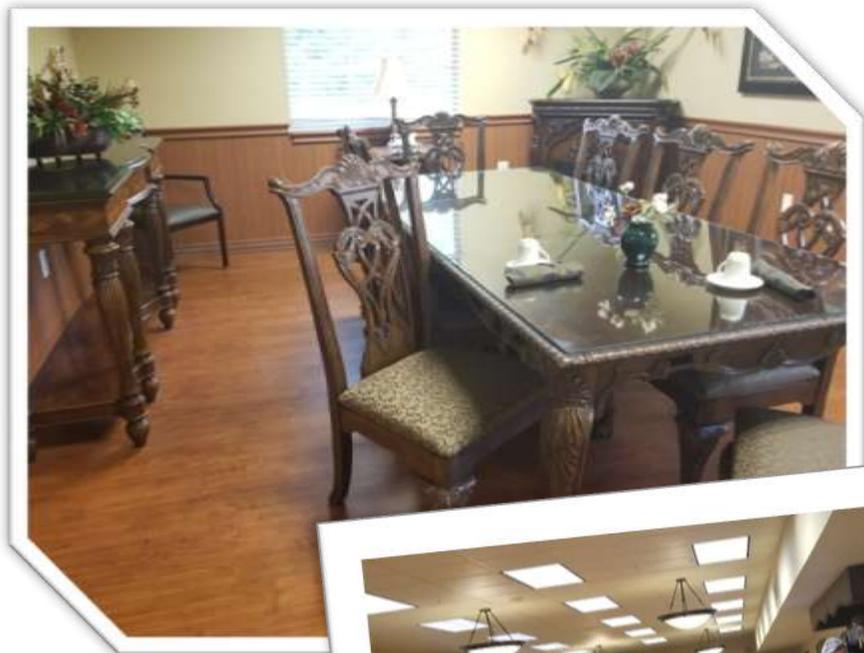


Welcome to Brooksville Healthcare's Dietary Department



Did you know?...

Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day.

How can you help protect yourself?

- Get up and get active by being physically active for at least 30 minutes on most days of the week.
- Know your **ABCS**:
- Ask your doctor if you should take an **A**spirin every day.
- Find out if you have high **B**lood pressure or **C**holesterol, and if you do, get effective treatment.
- If you **S**moke, get help to quit.
- Make your calories count by eating a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fat.
- Take control of your heart health by following your doctor's prescription instructions.



RED VELVET CAKE

Ingredients

Cake:

- 2 cups sugar
- 1/2 pound (2 sticks) butter, at room temperature
- 2 eggs
- 2 tablespoons cocoa powder
- 2 ounces red food coloring
- 2 1/2 cups cake flour
- 1 teaspoon salt
- 1 cup buttermilk
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking soda
- 1 tablespoon vinegar



Cream Cheese Frosting:

- 1/2 cup margarine
- 1 (8-ounce) package cream cheese
- 1 box confectioners' sugar, sifted
- 1/2 teaspoon vanilla
- 1 cup chopped lightly toasted pecans

Directions

Preheat oven to 350 degrees F. Grease and flour 3 (9-inch) round layer cake pans.

Sift flour, baking soda and coco together. Beat sugar and eggs together in a large bowl.

In a separate bowl mix together oil, vinegar, food coloring, and vanilla. Add to the bowl of eggs and sugar and beat until combined.

Add the flour mixture and the buttermilk to the wet mixture by alternating the buttermilk and dry ingredients. Always start with the flour and end with the flour.

Pour batter into pans. Tap them on the table to level out the batter and release air bubbles. Bake for 25 minutes or until a cake tester inserted near the middle comes out clean but be careful not to over bake or you'll end up with a dry cake.

Let layers cool on a wire rack for about 10 minutes before turning out of pan. Cool completely before frosting.

For the cream cheese frosting: Let margarine and cream cheese soften to room temperature. Cream well. Add sugar and beat until mixed but not so much that the frosting becomes "loose". Add vanilla and nuts. Spread between layers and on top and sides of cake.