

WTV Lighten-up Recipe

Pineapple Upside-Down Cake

An old-fashioned favorite gets a slimming makeover: We replaced the oil with applesauce and egg whites to lighten it up!

The classic recipe per serving: 345 calories; 12 g. fat
Lighten-Up! version per serving: 250 calories; 3 g. fat

- 1/2 cup dark brown sugar
- 1/4 cup light corn syrup
- 1 can (20 oz.) pineapple slices, drained
- 21 maraschino cherries
- 1 pkg. (15.25 oz.) vanilla cake mix
- 1/2 cup applesauce
- 4 egg whites
- 2 egg

Preheat oven to 350°F. Coat 9" square baking pan with cooking spray. In microwave-safe bowl, combine sugar and corn syrup; microwave on High 30 seconds.



Stir until blended; evenly spread in bottom of cake pan. Press 9 pineapple slices into sugar mixture in pan; place cherries in centers of each slice and in spaces between slices. On medium speed, beat cake mix, 1 cup water, applesauce, egg whites and egg until thickened and smooth, 2 minutes. Spoon batter over fruit in pan. Bake 45 minutes or until lightly browned and toothpick inserted into cake comes out clean. Cool

on rack 45 minutes. Run knife around edge. Place serving plate over cake in pan; invert cake onto plate. Gently tap bottom of pan to release fruit; remove pan. Cool slightly before serving.

Servings: 12
Calories: 250
Protein: 4 g.
Fat: 3 g. (1 g. sat.)
Trans fat: 1 g.
Chol.: 16 mg.
Carbs.: 54 g.

Sodium: 267 mg.
Fiber: 1 g.
Sugar: 35 g.
Kitchen time: 25 minutes.
Total time: 1 hour, 25 minutes.

WTV 6-ingredient Supper

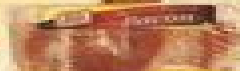
Farmer's Quiche



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8 oz. frozen chopped kale, 3 cups, thawed

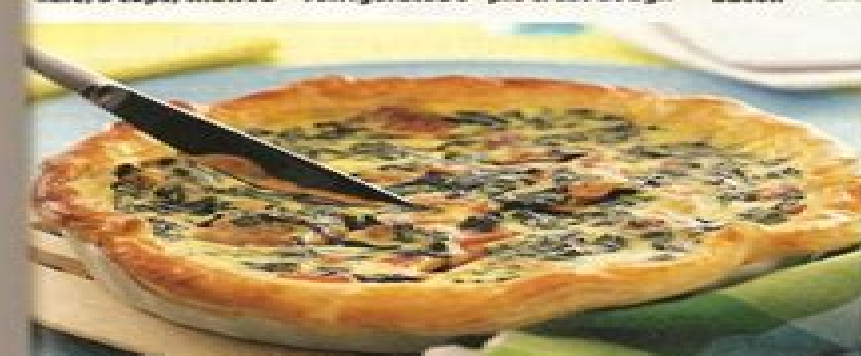
1 sheet (half of 14-1-oz. pkg.) refrigerated 9" pie crust dough

4 slices bacon

1 1/2 cups shredded Italian cheese blend, about 6 oz.

4 eggs

2 cups milk



Preheat oven to 375°F. Squeeze excess liquid from kale; reserve. Fit dough into 9" pie pan; flute edge. In large nonstick skillet, cook bacon over medium-high heat until crisp, 6-8 minutes; drain on paper towels. When cool, crumble bacon into crust; top with kale and 1 cup cheese. Beat eggs with milk and 1/4 tsp. pepper. Pour into crust; sprinkle with remaining 1/2 cup cheese. Bake 50 minutes or until set and golden. Let stand 20 minutes before serving.

Servings: 6
Calories: 365
Protein: 18 g.
Fat: 23 g.
(11 g. sat.)
Trans fat: 0 g.
Chol.: 162 mg.

Carbs.: 32 g.
Sodium: 634 mg.
Fiber: 1 g.
Sugar: 4 g.
Kitchen time: 20 minutes.
Total time: 1 hour, 30 minutes.

Smart Ideas!

1 Perfect lettuce leaves!

For whole iceberg lettuce leaves, firmly hit the core side of a whole head against your countertop. This will break the core away from the lettuce. Pull out the core and the leaves will fall apart in perfect whole pieces.

2 No-stick cupcakes!

To make sure cupcakes (and muffins) pop out of their pans perfectly, lightly coat the flat top of the muffin pan or cupcake mold with cooking spray before portioning the batter into liners or the cups. Bonus: It makes cleaning up easier too!



3 Better roast beef!

For well-seasoned meat inside and out, sprinkle it with salt, then wrap and refrigerate it for at least 1 hour (and up to 24 hours) before roasting. This draws out the meat's juices, which then mix with the salt. Letting it sit for at least an hour allows this "marinade" to absorb back into the beef for a guaranteed juicy roast beef.

4 Steam-clean your microwave!

In a microwave-safe bowl, combine about 1 cup water with 1/4 cup white vinegar. Place in your microwave oven and heat on High until mixture boils, about 2 minutes. Let the bowl stand in the oven for about 5 minutes to steam away grime and odor, then just wipe the surfaces. Bonus: It disinfects, too!

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for jis symbols specify roughness ra roughness rz rmax for gost symbols you can also select use for notation displays the surface finish symbol 0 5 times larger than the default size add default symbol displays the default surface finish symbol in parentheses format use document font

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1 positions of auxiliary symbols for surface symbol a surface roughness value cut off value or reference length machining method grain direction surface undulation etc are indicated around the surface symbol as shown in fig 1 below fig 1 positions of auxiliary symbols

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surface symbol symbol indicating a surface where removal processes are prohibited symbol indicating a surface that requires

a removal process examples of indicating the ra upper limit a b c example of indicating grain direction examples of indicating ra upper limit and lower limit a b examples of indicating the machining method

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