

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.

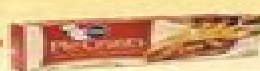
Sodium: 267 mg.
Fiber: 1 g.
Sugar: 35 g.
Kitchen time: 25 minutes.
Total time: 1 hour, 25 minutes.

WTV 6-ingredient Supper

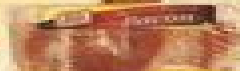
Farmer's Quiche



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8 oz. frozen chopped kale, 3 cups, thawed

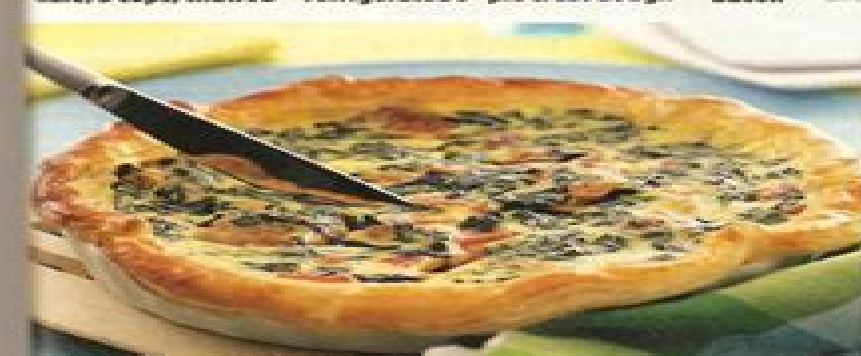
1 sheet (half of 14-1-oz. pkg.) refrigerated 9" pie crust dough

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!

From Magazine Recipe Womans World

Natsuko Tsujimura



From Magazine Recipe Womans World:

Woman's World ,1928 Women's Worlds Rosalind Ballaster,1991-08-05 This book integrates new material using sources from the eighteenth and nineteenth century periodical press research with contemporary readers the authors critical reading of past and present magazines and a clear discussion of theoretical approaches from literary criticism The development of the genre and its part in the historical process of forging modern definitions of gender class and race are analysed through critical readings and a discussion of readers negotiations with the contradictory pleasures of the magazine and its constricting ideal of femininity

Women in the Weimar Republic Helen Boak,2015-11-01 This book is the first comprehensive survey of women in the Weimar Republic exploring the diversity and multiplicity of women s experiences in the economy politics and society Taking the First World War as a starting point this book explores the great changes in the lives expectations and perceptions of German women with new opportunities in employment education and political life and greater freedoms in their private and social life all played out in the media spotlight Engaging with the most recent research and debates this book portrays the Weimar Republic as a period of progressive change for young urban women to be stalled in 1933 This book will be essential reading for students and researchers of German women in the early twentieth century and will also appeal to anyone interested in the Weimar Republic and women s history

Women's Worlds Ros Ballaster,Margaret Beetham,Elizabeth Frazer,Sandra Hebron,1991-07-12 This book integrates new material using sources from the eighteenth and nineteenth century periodical press research with contemporary readers the authors critical reading of past and present magazines and a clear discussion of theoretical approaches from literary criticism The development of the genre and its part in the historical process of forging modern definitions of gender class and race are analysed through critical readings and a discussion of readers negotiations with the contradictory pleasures of the magazine and its constricting ideal of femininity

Vick's Magazine ,1906 *The Rice Diet Cookbook* Kitty Gurkin Rosati,2007-01-02 **LOSE UP TO TWENTY POUNDS IN ONE MONTH EATING WHOLESOME DELICIOUS EASY TO PREPARE FOOD FROM THE RICE DIET COOKBOOK** After the success of the New York Times bestselling *The Rice Diet Solution* the Rice Diet Program s message boards were bombarded with pleas and suggestions for more Rice Diet friendly recipes The result is this collection of healthy whole food dishes which includes personal favorites from the Rice Diet kitchen as well as from successful dieters who want to share their weight loss tips with everyone who intends to lose weight and live a healthier life Based on one of the world s most famous weight loss programs *The Rice Diet Cookbook* contains 150 new recipes all simple and easy to shop for prepare and cook By ambitiously limiting sodium rich ingredients and relying on complex carbohydrates as the main source of nutrition the recipes in this book can help women lose nineteen to twenty pounds and men lose twenty eight to thirty pounds in one month For breakfast try Goey Apple Oatmeal the Elvis Special or French Toast Sticks In the mood for a light lunch Mix up a Basil Mint Quinoa Salad and pair it with a Refried Bean and Roasted Red Pepper Lettuce Wrap When the

urge to snack hits you munch on some Zesty Sweet Potato Chips or Barley Pesto Dip on Eilene's Pita Bread And at dinnertime how about Pan Seared Sea Scallops with Angela's Spinach with Sun dried Tomato and Ilene's Mashed Cauliflower Or make a meal out of Chicken and Spinach Salad with some Cannellini Bean Salad on the side Don't forget dessert Ricers have found amazing ways to satisfy their cravings There's Chocolate Banana Cream Custard Rhubarb Dried Cherry Crumble Samba's Gingered Pear Cake or the super simple and truly delicious Toasted Ginger Papaya In addition to recipes The Rice Diet Cookbook is also full of incredible feedback from people who have achieved major weight loss on the Rice Diet Their inspirational stories will motivate you to live a healthier life the Rice Diet way The Rice Diet Cookbook is a truly encouraging supportive book that will help you make living a wholesome lifestyle both simple and sustainable *The Ammukutty Express* MARIA WILLS THOMAS ,2023-10-16 The queen of eavesdropping the self proclaimed forgotten middle child the dreamer and creator of stories that is our Ammukutty Ammukutty's Makiripuram village with its unique and utterly crazy characters Lipstick Lalita Bonda Babu Cockroach Thankappan and etceteras make each day entertaining So welcome to Makiripuram

Matsutake Worlds Lieba Faier, Michael J. Hathaway, 2021-07-16 The matsutake mushroom continues to be a highly sought delicacy especially in Chinese Japanese and Korean cuisine Matsutake Worlds explores this mushroom through the lens of multi species encounters centered around the matsutake's notorious elusiveness The mushroom's success the contributors of this volume argue cannot be accounted for by any one cultural social political or economic process Rather the matsutake mushroom has flourished as the result of a number of different processes and dynamics culminating in the culinary institution we know today *Women in the Third World* Nelly P. Stromquist, 2014-04-04 Ideal for researching the status and activities of ThirdWorld women For quick reliable coverage of women's issues in developing countries here is a concise reference work written by a team of more than 80 international experts The Encyclopedia comprises 68 essays that cover the entire Third World from Africa to Asia from the Near East to South and Central America from the South Pacific to the Caribbean The women authors are acknowledged experts from Harvard University the World Bank the United Nations Development Fund for Women the University of Nairobi the International Labor Organization and other institutions who summarize the most recent scholarship on a wide range of important subjects Thoroughly indexed and cross referenced the Encyclopedia is an ideal starting point for in depth research in such areas as recent developments in the prevention of violence against women the conditions of women's lives across regions and countries women's participation in government science and technology hidden curriculum issues in higher education an overview of women's experiences as small scale entrepreneurs A feminist viewpoint enhances the coverage Informed throughout by a feminist perspective the Encyclopedia focuses on traditional women's concerns such as political participation human rights nutrition housework the family equality health and more But the coverage also extends to such issues as domestic and sexual violence creation of women friendly cities patriarchal ideologies as religious beliefs the needs of older women new jobs and exploitation in industrial production

AIDS the gender consequences of ecological devastation movements for change and other areas of increasing awareness

Geographical entries cover all the major regions and countries and discuss conditions and issues in each area Spotlights the newest and best sources The Encyclopedia brings together information that has been widely scattered in sources from many disciplines An introduction by the editor illuminates the most important issues faced by Third World women today and analyzes the drastically changed global situation and how the changes impacted on the material presented in the Encyclopedia Reference aids make information retrieval easy An annotated bibliography of the latest and most important sources as well as a reference list at the end of each chapter provide quick access to current literature A thorough name and subject index makes it easy to pinpoint information Special Features Offers articles by recognized scholars and activists on gender and developmental issues Presents a variety of perspectives by women from both industrialized and developing countries Summarizes the literature of established disciplines bringing together important material scattered in many sources Identifies new areas for research affecting gender and development in emerging fields such as legal rights Outlines strategies for action in such critical areas as ecology and urban issues An annotated bibliography and list of references at end of each chapter make it easy to expand your research

Vernacular Industrialism in China Eugenia Lean, 2020-03-17 In early twentieth century China Chen Diexian 1879 1940 was a maverick entrepreneur at once a prolific man of letters and captain of industry a magazine editor and cosmetics magnate He tinkered with chemistry in his private studio used local cuttlefish to source magnesium carbonate and published manufacturing tips in how to columns In a rapidly changing society Chen copied foreign technologies and translated manufacturing processes from abroad to produce adaptations of global commodities that bested foreign brands Engaging in the worlds of journalism industry and commerce he drew on literary practices associated with late imperial elites but deployed them in novel ways within a culture of educated tinkering that generated industrial innovation Through the lens of Chen's career Eugenia Lean explores how unlikely individuals devised unconventional homegrown approaches to industry and science in early twentieth century China She contends that Chen's activities exemplify vernacular industrialism the pursuit of industry and science outside of conventional venues often involving ad hoc forms of knowledge and material work Lean shows how vernacular industrialists accessed worldwide circuits of law and science and experimented with local and global processes of manufacturing to navigate innovate and compete in global capitalism In doing so they presaged the approach that has helped fuel China's economic ascent in the twenty first century Rather than conventional narratives that depict China as belatedly borrowing from Western technology *Vernacular Industrialism in China* offers a new understanding of industrialization going beyond material factors to show the central role of culture and knowledge production in technological and industrial change

The Maker's Diet Jordan S. Rubin, 2005 Are you looking for a health plan that is biblically based and scientifically proven The Maker's Diet is just that Using a truly holistic approach to health this groundbreaking book leads you on a journey that will change your life The

Maker s Diet will help you Boost your immune system Attain and maintain your ideal weight Have abundant energy Improve your physical appearance Reduce stress Improve digestion Discover how Jordan Rubin s faith based journey from near death to vital health led him to uncover the timeless principles of the world s healthiest people By following The Maker s Diet your health dreams can become a reality **eHow - 14 Orange Recipes for Easy Family Meals** Jonny Bowden,2012-09-18

Lemons and limes are easily overlooked when discussing recipes and ingredients Often thought of as garnishment or an optional ingredient by many these little citrus wonders pack a nice vitamin C punch and are more versatile then you think This book contains 14 recipes for tasty dishes featuring limes There are recipes for every meal of the day Included are Appetizers Main dishes Side dishes Desserts Beverages *Feminism, UK Women's Magazines and the Women who Created Them, 1975-1992* Sharon Maxwell Magnus,2025-06-30 This book analyses how reproductive rights and sexual freedoms the political sphere women s role in the workplace and sexual violence were positioned and depicted by three magazines with very different demographics Spare Rib Cosmopolitan and Woman s Own The 1970s and 1980s were a time of enormous cultural shifts for women The rise of the feminist Women s Liberation Movement ground breaking equality legislation and greater reproductive freedoms impacted on most women s lives in a plethora of ways However until now there has been little attention to how those changes were disseminated to and framed within women s media This is because most media of the period were run by men for men and focused on men s lives However within women s magazines the changes in women s lives and feminism itself were framed debated and contested This volume features unique interviews with the influential women who produced the magazines Spare Rib Cosmopolitan and Woman s Own and who give insights into the national and international events ideologies and constraints which impacted on their content creation This book will be of great value to contemporary historians students of gender and cultural studies media scholars and those who are interested in finding out how feminism influenced their parents and their own generation *The Missionary Review of the World* ,1916 **The Virgin Diet Cookbook** J.J. Virgin,2024-09-24 The companion cookbook to the New York Times bestseller The Virgin Diet brings the groundbreaking health and weight loss program into your kitchen In The Virgin Diet Cookbook JJ is takes the guesswork out of food preparation and planning by offering up delicious healthy recipes and meal plans that all pass the test Diane Sanfilippo BS NC New York Times bestselling author of Practical Paleo and The 21 Day Sugar Detox With more than 150 delicious and practical recipes The Virgin Diet Cookbook is designed to show you how to incorporate anti inflammatory healing foods into your diet to reclaim your health and reset your metabolism while avoiding the seven foods that are most likely to cause food intolerance These tasty easy to make recipes are free of gluten soy dairy eggs corn peanuts and sugar and artificial sweeteners With mouthwatering suggestions for breakfast lunch dinner dessert and snacks you ll lose weight fast while enjoying what you eat The Virgin Diet Cookbook will also help you to stock your kitchen provide delicious substitutes for common ingredients and offer easy swaps for eating out and on the go A book with a powerful message Many

people spend their lives wondering why they are tired sick or overweight when the solution is as close as the food choices in their refrigerator or pantry The Virgin Diet Cookbook s wonderful and delicious new recipes can become an integral part of a program for health and slenderness without deprivation William Davis MD author of the 1 New York Times bestsellers Wheat Belly and The Wheat Belly Cookbook

The Great Depression in America William H. Young, Nancy K. Young, 2007-03-30 Everything from Amos n Andy to zeppelins is included in this expansive two volume encyclopedia of popular culture during the Great Depression era Two hundred entries explore the entertainments amusements and people of the United States during the difficult years of the 1930s In spite of or perhaps because of such dire financial conditions the worlds of art fashion film literature radio music sports and theater pushed forward Conditions of the times were often mirrored in the popular culture with songs such as Brother Can You Spare a Dime breadlines and soup kitchens homelessness and prohibition and repeal Icons of the era such as Fred Astaire and Ginger Rogers Louis Armstrong Bing Crosby F Scott Fitzgerald George and Ira Gershwin Jean Harlow Billie Holiday the Marx Brothers Roy Rogers Frank Sinatra and Shirley Temple entertained many Dracula Gone With the Wind It Happened One Night and Superman distracted others from their daily worries Fads and games chain letters jigsaw puzzles marathon dancing miniature golf Monopoly amused some while musicians often sang the blues Nancy and William Young have written a work ideal for college and high school students as well as general readers looking for an overview of the popular culture of the 1930s Art deco big bands Bonnie and Clyde the Chicago s World Fair Walt Disney Duke Ellington five and dimes the Grand Ole Opry the jitter bug Lindbergh kidnapping Little Orphan Annie the Olympics operettas quiz shows Seabiscuit vaudeville westerns and Your Hit Parade are just a sampling of the vast range of entries in this work Reference features include an introductory essay providing an historical and cultural overview of the period bibliography and index

Women's Poetry and Popular Culture Marsha Bryant, 2016-04-30 Bridging feminist and cultural studies the book shows how British and American women poets often operate as cultural insiders Individual chapters reassess major figures H D Gwendolyn Brooks Sylvia Plath alternative modernist poets Edith Sitwell Stevie Smith and contemporary poets Ai Carol Ann Duffy

Women's Periodicals and Print Culture in Britain, 1918-1939 Catherine Clay, 2018-03-07 Explores the problem of anthropomorphism a major bone of contention in 8th to 14th century Islamic theology

Women's Periodicals in the United States Kathleen L. Endres, Therese Lueck, 1995-07-24 Consumer magazines aimed at women are as diverse as the market they serve Some are targeted to particular age groups while others are marketed to different socioeconomic groups These magazines are a reflection of the needs and interests of women and the place of women in American society Changes in these magazines mirror the changing interests of women the increased purchasing power of women and the willingness of advertisers and publishers to reach a female audience This reference book is a guide to women s consumer magazines published in the United States Included are profiles of 75 magazines read chiefly by women Each profile discusses the publication history and

social context of the magazine and includes bibliographical references and a summary of publication statistics. Some of the magazines included started in the 19th century and are no longer published. Others have been available for more than a century while some originated in the last decade. An introductory chapter discusses the history of U.S. consumer women's magazines and a chronology charts their growth from 1784 to the present.

Food, Language, and Society Natsuko Tsujimura, 2023-02-15

Food Language and Society Communication in Japanese Foodways examines the language of food in Japanese through the lens of cognitive science and cultural studies to explore intriguing ways in which language, food, and culture interact in the fabric of Japanese society. The questions of how, where, and by whom food and food experiences are described provide abundant opportunities for investigating relationships between language and culture from multiple disciplinary perspectives. Linguistic analysis of the language of food enables us to understand cognitive information that motivates and influences people's rhetorical choices on foodways. Detailed discussions reveal that loanwords, mimetics, cooking terms, and metaphors serve as lynchpins to enrich the expressive power of the language of food. Food discourse, situated in broader social and cultural contexts, also reflects social norms and cultural practices deeply embedded within and beyond our gustatory and culinary life. Food narratives, as in cookbooks and advertisements, are an informative means for virtual interpersonal communication where individual and group identity is indexed, providing a platform for reexamination of gender and other social norms as response to changes in society. Examined from the interaction of linguistic and sociocultural perspectives, *Food Language and Society* illuminates the form, use, and social meaning of the language of food.

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