#### WW 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-Upl version per serving: 250 calories; 3 g. fat

1/2 cup dark brown sugar

14 cup light corn syrup

can (20 oz.) plineapple slices, drained

21 maraschino cherries

l pkg. (15.25 oz.) rantilla case mix

1/2 cup applesauce

legg whites

+99

Preheat oven to 350°F. Coat 9° quare baking pan with cooking pray. In microwave-safe bowl, ombine sugar and corn syrup; icrowave on High 30 seconds.



Stir until blended; evenly spread in bottom of cake pan. Press 9 pineapple slices into sugar mixture in pant place chemies 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 part invert cake onto plate. Gently tap bottom of pan to release fruit: remove pan, Cool slightly before serving.

Servings: 12 Protein: 4 g. Fat: 3 g. (1 g. sat.) Transfat: 1 g. Chall 16 mg. Carbon 54 q.

Soldiums 267 mg. Filbert 1 g. Sugar: 35 g. Kitchen time: 25 minutes. Total times I hour. 25 minutes.

# WW 6-ingredient Supper

# Farmer's Quiche



I oz. frozen chopped 1 sheet (half of 14.1-oz. pkg.) kale. 3 cups, thawed refrigerated 9" pie crust dough Busicioni

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

中国国际

2 cups



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 7 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 Caloriera 363 Protein: 18 a. Facts 2/3 cs. [11 q. set.] Brancy fact; O. o. Chedia 162 med Carbs.: 22 g. Sedium: 634 mg. Filbert 1 o. Kitchen time: 20 minutes. Total times: I hour,

#### Smart Ideas!

#### 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.

No-stick cupcakes!

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



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 reasting. This draws out the meet'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 quaranteed juicy roast beet

4-Steam-clean vour microwave!

In a microwave-safe bowl, combine about 1 cup water with 1/4 cup white vinegar. Place in your microwave over and heat on High until miscure boils, about 2 minutes. Let the bowl stand in the oven for about 5 minutes to steam away crim and odor, then just wipe the surfaces. Bonus: it disinfacts, tool. WEST

# From Magazine Recipe Womans World

**D** Keegan

From Magazine Recipe Womans World:

The Enigmatic Realm of From Magazine Recipe Womans World: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **From Magazine Recipe Womans World** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book is core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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