

GINGER-PINEAPPLE UPSIDE-DOWN CAKE

Love the taste of warm gingerbread? You'll adore this molasses-spice cake. Prep time: 15 minutes

baking time: 40 minutes Degree of difficulty: easy Low-fat

4 tablespoons butter or margarine, melted, divided 1/4 cup firmly packed brown sugar 2 cans (8 oz. each) pineapple slices in juice, drained 1 1/2 cups all-purpose flour 2/3 cup granulated sugar 1 teaspoon baking soda 3/4 teaspoon ginger 1/4 teaspoon cinnamon 1/4 teaspoon salt 1 large egg 1 large egg white 1/2 cup skim milk 1/4 cup light molasses 1/2 teaspoon vanilla extract 1. Heat oven to 350 degrees. Lightly brush 9-inch round cake pan with some melted butter; reserve remaining butter. Sprinkle brown sugar over bottom of pan. Arrange 7 pineapple slices in a single layer on top (reserve remaining slice for another use). 2. Combine flour, granulated sugar, baking soda, ginger, cinnamon and salt in large bowl. Whisk together remaining butter, egg, egg white, milk, molasses and vanilla in small bowl. 3. Stir wet ingredients into dry ingredients until blended. Pour into prepared pan. Bake 40 minutes until toothpick inserted in center comes out clean. Immediately invert cake onto serving platter; remove pan. Serve warm. Makes 12 servings.

PER SERVING Calories 200 Total Fat 4 g Saturated Fat 2.5 g Cholesterol 28 mg Sodium 209 mg Carbohydrates 38 g Protein 3 g