

## Pineapple Right-Side-Up Cake

Adapted by Our Young Chefs from "Lighten Up, Y'all," Virginia Willis

Makes one 13- by 9-inch cake *OR* 24 standard-size cupcakes

*Pineapple tossed with brown sugar and dabbed with butter excels as a topping for this pineapple right-side-up cake. Replacing oil or butter with applesauce is a great way to add moisture and flavor to your baking while cutting fat and calories. Typically, it's a one-to-one ratio for most baked goods (replace the fat with an equal amount of applesauce) except cookies, but be aware that it can change the texture.*



### INGREDIENTS

Vegetable oil *OR*  
vegetable oil  
spray



*Optional:  
Pineapple  
right-  
side-up  
cupcakes*

### DIRECTIONS

**If making a CAKE, prepare the baking pan:** Preheat the oven to 350°F. Lightly coat the bottom and sides on the inside of a 13- by 9-inch pan with oil using a pastry brush *OR* *lightly coat* with oil spray; set aside.

**If making CUPCAKES, prepare the muffin tin:** Preheat the oven to 375°F. Line 2 standard-size cupcake pans, *each* with 12 baking cup/liners; spray *each* paper cup with a *light coat* of oil spray. Set aside until needed later.

2 cans (20-ounces each) *plus* 1 can  
(8-oz) pineapple chunks, drained  
 $\frac{1}{4}$  cup *plus* 2 tablespoons  
(2.8 ounces) firmly packed dark  
brown sugar

**Prepare the pineapple topping:** Use a small colander *OR* sieve to drain the pineapple chunks; save the drained juice to add to fruit juice, lemonade or other purpose (*not in this recipe*). In a small bowl combine the drained pineapple with the brown sugar. Set aside.

$\frac{1}{4}$  cup ( $\frac{1}{2}$  stick/2 ounces) unsalted  
butter, melted  
Pinch salt

**Melt the butter:** In a 1-cup liquid measuring cup, combine the butter and salt. Place in the microwave; heat on high power for 30 to 45 seconds. Set aside.

**Alternate method to melt the butter:** Place the butter in an oven-proof 1-cup liquid measuring cup or small bowl, place in the preheating oven to melt the butter for 5 to 7 minutes while preparing the cake batter; if the butter browns a little that is not a problem, but watch it so the butter *does not burn*. Remove from the oven; set aside.

$1\frac{1}{2}$  cups (6.75 ounces) unbleached  
all-purpose flour  
 $1\frac{1}{2}$  cups (6.75 ounces) white whole  
wheat flour  
 $1\frac{1}{3}$  cups (9.3 ounces) sugar  
 $1\frac{1}{2}$  teaspoons freshly grated nutmeg  
(*optional*)  
2 teaspoons baking powder  
1 teaspoon baking soda  
 $\frac{3}{4}$  teaspoon salt (*generous*)

**Prepare the dry ingredients for the batter:** In a medium/large-size mixing bowl, combine the all-purpose flour, whole wheat flour, sugar, nutmeg (*optional*), baking powder, baking soda and salt; stir with a whisk to blend the dry ingredients. Set aside.



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2 large eggs  
2 large egg whites  
1⅓ cups (10.9 ounces) low-fat  
buttermilk  
⅔ cup (5.6 ounces) unsweetened  
applesauce  
1 tablespoon vanilla extract  
*(measure generously)*

**Prepare the wet ingredients for the batter:** In a small bowl OR 4-cup liquid measuring cup, combine the **egg, egg white, buttermilk, applesauce** and **vanilla**. Use a fork OR small whisk to stir vigorously to combine.

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Bowl/cup of wet/liquid ingredients  
*(prepared above)*  
Bowl of dry ingredients *(prepared earlier)*

**Prepare the cake batter:** Pour the **wet/liquid ingredients** into the **dry ingredients**; gently stir using a flexible spatula, blending just until the **dry ingredients** are moistened. Do not over-mix. \*

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Pineapple chunks/dark brown sugar  
mixture *(prepared earlier)*  
Melted butter *(prepared earlier)*

**If making a CAKE, arrange the batter and pineapple in the pan:** Scrape the **cake batter** into the **prepared round or square cake pan**; smooth the top of the **cake batter** using a metal or flexible spatula. Evenly and gently distribute the

**pineapple/brown sugar mixture** over the top surface of the **cake batter**; drizzle the **melted butter** evenly over the **pineapple**

**Bake:** Transfer the **cake** to the oven; bake at 350°F about 45 minutes, until the **pineapple topping** is golden brown, the edges of the **cake** begin to pull away from the sides of the **pan** OR until the center of the **cake** registers 204° to 208°F on an instant-read thermometer. Halfway through baking, rotate the **pan**.

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**If making CUPCAKES, portion the batter and pineapple:** Divide the **batter** evenly among the 24 **prepared muffin cups**; the **batter** will fill each **cupcake liner** about **two-thirds (⅔)** full. For convenience, use a ½-cup measuring cup, a standard-size ice cream scoop OR a #16/blue-handled disher to scoop the **batter** into each **cupcake cup**. Evenly and gently distribute the **pineapple/brown sugar mixture** over the top surface of the **cupcakes**; drizzle ½ **teaspoon** of the **melted butter** over the **pineapple** on each **cupcake** (using a total of 2 **tablespoons melted butter** for all of the **cupcakes**).

**Bake:** Transfer the **cupcake pans** to 2 different racks near the middle and lower half of the oven; bake at 375°F for 14 to 18 minutes, until the **pineapple topping** is golden brown, the edges of the **cake** begin to pull away from the sides of the **pan** OR until the center of the **cake** registers 204° to 208°F on an instant-read thermometer. Halfway through baking, rotate/reverse the **cupcake pans'** positions; then switch their locations on rack levels (top to bottom, bottom to top).

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**Cool briefly and serve:** When baked, remove the **cake** OR **cupcakes** to a wire rack to cool for 10 minutes. Cut the **cake** with a serrated knife OR Remove the **cupcakes** from the pan; set on a wire rack. Serve warm or at room temperature. Store leftovers in an airtight container at room temperature for up to 3 days.

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\* Because this cake batter contains no fat or oil the slightest amount of over-mixing begins to develop the gluten in the protein part of the flour, resulting in an undesirable firm/ chewy texture for the cake.

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