

## Honey and Spice Pears

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Enjoy a delicate dessert by cooking seasonal pears in a light homemade syrup.

### Ingredients

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- 1 cup light cranberry juice cocktail
- 1/2-3/4 tsp. ground cinnamon
- 1/8-1/4 tsp. ground allspice
- 4 small firm pears (about 6 ounces each),  
peeled, halved, and cored
- 2 Tbsp. sweetened, dried cherries or  
cranberries
- 1 ½ Tbsp. honey



### Directions

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1. In a large nonstick skillet, stir together the cranberry juice, cinnamon, and allspice. Add the pears and cranberries/cherries. Bring to a boil over medium-high heat. Cook, covered, for 5 minutes, or until the pears are just tender-crisp. Transfer the pears with the cut side down to a serving plate, leaving the liquid in the skillet.

2. Cook the liquid, still on medium high, for 2 1/2 to 3 minutes, or until reduced to a scant 1/4 cup, stirring frequently. Remove from the heat. Stir in the honey. Spoon over the pears. Let cool completely, about 20 minutes. Turn the pears several times to coat with the sauce or transfer them to plates and spoon the sauce on top.

Nutrition Information: Per Serving

**2 Pear Halves:**

107 Calories  
0 g Fat  
27 g Carbohydrate  
2 g Protein

**1 Pear Half:**

54 Calories  
0 g Fat  
14 g Carbohydrate  
1 g Protein