STAR Cooking with Sami Stretesky, MS, RD/LD 405-948-4900 x694

Honey and Spice Pears

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

Ingredients

- 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 1/2 Tbsp. honey

Directions

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	
<u>2 Pear Halves:</u>	<u> 1 Pear Half:</u>
107 Calories	54 Calories
0 g Fat	0 g Fat
27 g Carbohydrate	14 g Carbohydrate
2 g Protein	1 g Protein

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