

Baked Pears

Makes 4 servings | **Fruit**

Ingredients

- 4 whole fresh pears or 8 pear halves, canned
- ½ cup raisins, dates, or mixed dried fruits, chopped
- ¼ cup nuts (almonds, hazelnuts, walnuts, etc.), finely chopped- optional
- 2 Tablespoons brown sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon nutmeg
- ⅓ cup water or apple juice
- Nonstick spray

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 350°F. Spray baking pan with nonstick spray.
3. Wash, dry, and cut the pears in half. Cut out the seeds and carve a small well in the center of each pear. If using canned, rinse pears under cold water and drain.
4. In a small bowl, combine dried fruits, nuts, brown sugar, cinnamon, and nutmeg.
5. Spoon filling into centers of the pears. Pour apple juice or water into the baking pan.
6. Bake at 350°F for 20-30 minutes or until pears are tender, basting occasionally with the water or juice. For canned pears, bake for 10-15 minutes.
7. Serve warm with low-fat vanilla yogurt, regular or frozen.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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