

Poached Pears

A fun take on poached pears in wine, this version is kid-friendly but also has a beautiful presentation that can work for a dinner party.

Ingredients:

2 cinnamon sticks

1 and 1/2 cups Welch's 100% grape juice

4 Bosc or Bartlett pears, peeled and halved, leaving stem intact

2 strips orange rind

Instructions

In a medium saucepan, bring the grape juice, cinnamon and orange rind to a boil.

Place the pears upright, with the stem on top, into the saucepan and simmer for 15-20 minutes on medium to low heat.

Make sure to keep the pears moist by spooning the juice over them as they simmer.

Remove pears from the sauce, reserve and cool completely.

Simmer the remaining sauce and reduce it to about 1/3 of a cup. Remove from heat and cool.

Drizzle the sauce over the pears when ready to serve.

Optional: garnish with whipped cream (low fat) or vanilla pudding (low fat, reduced sugar).



Nutritional Information

Serves: 4

Calories: 146

Total Fat: 0g

Saturated Fat: 0g

% Calories from Fat: 0%

% Calories from Sat Fat: 0%

Protein: 1g

Carbohydrates: 39g

Cholesterol: 0mg

Dietary Fiber: 4.5g

Sodium: 25mg

Source: Fruits and Veggies More Matters