



Slow Cooker Spiced Pears

Makes 12 servings

Ingredients

- 6 medium pears
- 2 cups white grape juice
- ½ cup sugar
- ⅓ cup orange juice
- 2 sprigs fresh rosemary
- 1 stick cinnamon
- 6 tablespoons non-dairy whipped topping
- ⅛ teaspoon ground nutmeg

Directions

1. Remove the core from the bottom of each pear, leaving the stem in place.
2. In the slow cooker, combine the grape juice, sugar, orange juice, rosemary and cinnamon stick. Stir until sugar dissolves. Place pears upright in slow cooker and cook on low for 3 hours.
3. Remove pears from slow cooker. Cut pears in half. Place each half on a dessert plate.
4. Using a fine-mesh strainer, pour the liquid from the slow cooker into a medium saucepan. Throw away the solids. Simmer for 20 minutes or until liquid (sauce) reduces to about 1 cup.
5. Drizzle about 1 ½ tablespoons sauce over each pear half. Serve with whipped topping and a sprinkle of nutmeg.



DESSERT



TIP

Try using Anjou, Bosc or Bartlett pears for this recipe — they're great for cooking!

♥ = heart smart

⊗ = low sodium

GF = gluten free

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Nutrition Facts

Serving Size 1/2 pear with 1 1/2 tablespoons sauce and 1 1/2 teaspoons whipped topping (147g)
Servings Per Container 12

Amount Per Serving		Calories 120	Calories from Fat 5
		% Daily Value*	
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	30g		10%
Dietary Fiber	3g		12%
Sugars	24g		
Protein	1g		
Vitamin A	0%	Vitamin C	30%
Calcium	2%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 2