

WARM SAUTEED PEARS AND CLEMENTINES WITH COTTAGE CHEESE

Yield: 6 Servings



TOTAL TIME: 30 minutes

INGREDIENTS

- 1 cup Food You Feel Good About 100% Orange Juice From Concentrate
- ½ cup Wegmans Organic Maple Syrup
- 4 medium (about 1½ lbs. total) Bartlett pears, peeled and diced large (about 3 cups)
- 1 Tbsp. Wegmans Butter
- ½ tsp. cinnamon
- 3 Clementine tangerines, peeled, divided into segments (about 2 cups)
- 3 cups small curd low fat cottage cheese

PREPARATION

1. Mix orange juice and maple syrup together in medium bowl. Add pears; toss well with mixture to keep pears from turning brown.
2. Melt butter in saucepan on medium-high. Using strainer, drain orange juice/syrup mixture into pan; simmer 5 min. to reduce by half. Blend in cinnamon. Add drained pears; simmer 5–8 min., depending on ripeness of pear. (When done, pears should be somewhat soft, but not mushy.) Fold in tangerine segments; heat 2–3 min.
3. Place 2 scoops cottage cheese (about ½ cup total) on each serving plate. Surround with pear/orange mixture.

NUTRITION

Per serving: Calories: 320; Fat: 8 g (51 g saturated fat); Cholesterol: 30 mg; Carbohydrates: 52 g; Protein: 15 g; Fiber: 4g; Sodium: 490 mg.

Recipe courtesy of Wegmans