

# Baked Pears

Chef *Andy* of Ru's Pierogi

RECIPE MAKES: 8 SERVINGS

## INGREDIENTS

- ♥ 4 Bartlett pears
- ♥ ¼ tsp. cinnamon
- ♥ 4 tsp. honey
- ♥ ¼ cup walnuts, chopped
- ♥ ½ cup Wegmans Low Fat Frozen Yogurt
- ♥ ½ cup cranberries
- ♥ ¼ tsp. nutmeg

## PREPARATION

1. Preheat oven to 375°F
2. Halve the pears and then core them using a cookie scoop or melon baller
3. Slice a small part off of the backside to create a flat surface so the pear sits flat when laid on the pan
4. Place the pear halves on a large baking sheet or pan, cored side up
5. Place three cranberries into the cored part of each pear half
6. Sprinkle each pear half with about ½ Tbsp. of walnuts and then sprinkle each with 1 tsp. of honey.
7. Bake for 25-30 minutes, or until pears are tender
8. Serve with low fat frozen yogurt if desired

## NUTRITION INFO

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(174g)</b>
Amount per serving	
<b>Calories</b>	<b>210</b>
% Daily Value*	
<b>Total Fat</b> 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 60mg	3%
<b>Total Carbohydrate</b> 39g	14%
Dietary Fiber 3g	11%
Total Sugars 31g	
Includes 3g Added Sugars	6%
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 0mg	0%
Potassium 113mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Healthy Options

