

Poached Pears in Red Wine Sauce

Makes: 12 servings



Total Time: 45 minutes

Ingredients:

- 7 cups water, divided
- Juice of ½ lemon (about 1-2 Tbsp.)
- 6 medium Bartlett pears
- 2 cups sugar
- 2 cinnamon sticks
- 2 cups dry red wine
- ½ tsp. Wegman's Pure vanilla Extract

PREPARATION

1. Add 4 cups water and lemon juice to bowl. Set aside.
2. Peel pears, leaving stem on. Slice in half; scoop out seeds/core/stem root. Place pear halves in lemon water as you work. Repeat with all pears.
3. Add 3 cups water, sugar, cinnamon, wine, and vanilla extract to stockpot. Bring to simmer on medium-high. Reduce heat to medium low and continue to simmer for 10 min.
4. Transfer pears gently from lemon water to stockpot. (Use small plate as partial cover for pan to help pears to stay submerged.) Simmer pears 10-15 min. on medium-high, or until tender. Transfer pears to serving dishes. Serve hot or cold.

Nutrition: 90 calories; 1g fat (0g sat fat); 0mg cholesterol; 20g carbohydrates; 1g protein; 2g fiber; 0mg sodium