

Dessert

Maple-Baked Stuffed Pears

Publix Grape Magazine - Fall 2011

Servings: 8

Preparation Time: 20 minutes

Bake Time: 40 minutes

8 medium firm ripe pears with stems
1/2 cup dried cranberries or dried tart red cherries
1/3 cup chopped walnuts, toasted
2 tablespoons sugar
2 tablespoons lemon juice
1/2 cup water
1/2 cup pure maple syrup
fresh mint leaves (optional)
vanilla ice cream (optional)

Preheat the oven to 350 degrees.

Peel the whole pears, leaving the stems intact. Cut a thin slice from the bottom of each pear so the pears will stand up. Working through the bottom of each pear, use a melon baller to remove the core, leaving the stem intact.

In a small mixing bowl, combine the cranberries, walnuts, sugar and lemon juice.

Spoon the mixture into the bottom of each pear. Stand the pears in a 3-quart rectangular baking dish. Add the water to the baking dish. Pour maple syrup over and around the pears. Sprinkle any remaining filling into the bottom of the dish.

Bake, covered with foil, for 20 minutes.

Remove the foil. Bake for 15 to 20 minutes more or until the pears are tender, basting occasionally with the cooking liquid.

To serve, place the pears on eight dessert plates. Spoon any remaining cooking liquid and filling over the pears.

If desired, garnish with mint leaves and vanilla ice cream.

Serve warm.

Per Serving (excluding unknown items): 44 Calories; 3g Fat (55.1% calories from fat); 1g Protein; 4g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.