

Cherry-Pecan Baked Pears

A little holiday dessert packed with big flavors.

3 semi-ripe pears, such as Bosc,
peeled, halved and cored
⅓ cup dried tart cherries
4 tbsp pecans, coarsely chopped
1 tbsp brown sugar

1 tbsp orange juice
¼ tsp ground cinnamon
1½ cups white grape juice
¾ cup nonfat plain Greek yogurt
2 tsp honey

1. Place pear halves cut side up snugly in dish.
2. Combine cherries, pecans, brown sugar, orange juice and cinnamon; divide mixture evenly among pear halves, pressing gently on top of each.
3. Drizzle grape juice around and on top of pears; cover loosely. Place in 350°F oven and bake 35-40 minutes, or until tender.
4. Meanwhile, combine yogurt and honey; keep chilled until serving.
5. Serve pears warm with a spoonful of honey yogurt.



MAKES ABOUT 4 servings. Per serving:

160 calories | 3.8g protein | 3.5g total fat | .2g sat fat | 1.8g mono fat | 1g poly fat
| 1mg cholesterol | 30g carbs | 25g sugar | 2.7g fiber | 12.8mg sodium