



Baked Pears

Recipe courtesy Chef Bryan Woolley

2 large pears
1/2 tsp ground cinnamon
Zest of one orange
1/3 cup freshly-squeezed orange juice
1/2 tsp pure vanilla extract
1/4 cup crushed graham cracker crumbs
4 Tbsp crumbled goat cheese
1/4 cup chopped pecans

1. Cut pears in half lengthwise. Remove the core and seeds. Scoop out approximately 1 tablespoon of additional flesh from each pear half.
2. Chop the pear flesh and place in a medium mixing bowl. Place the pear halves, cut side facing up, in a shallow microwave-safe baking dish.
3. Add the cinnamon, orange zest, orange juice and vanilla extract to the chopped pear flesh and toss well. Divide the mixture evenly among the pear halves. Place one tablespoon of graham cracker crumbs on top of each pear half.
4. Cover with plastic wrap, pulling back one corner to vent. Microwave on high for 4 to 5 minutes, until the pears are tender when pierced with a fork.
5. Place one tablespoon of goat cheese on each pear half. Cover with plastic wrap and let stand five minutes. Divide the chopped pecans evenly among the pear halves. Serve immediately.

Makes 4 servings.

Nutrition Facts

Serving Size: ½ pear

Calories 200

Total Fat 10g

Saturated Fat 3.5g

Cholesterol 10mg

Sodium 105mg

Carbohydrates 26g

Dietary Fiber 5g

Protein 5g

Diabetic Exchanges

Protein 1

Carbohydrates 1

Fat 2