

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Cran-Apple Spiced Poached Pears
Makes 8 servings**

Ingredients:

- 2 cups apple cider
 - 1 cup cranberry juice **or** pomegranate juice
 - 1 inch fresh ginger, sliced
 - 1 cinnamon stick
 - 1 teaspoon vanilla
 - Zest of 1 lemon, cut into strips
 - 4 fresh pears (any variety)
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- 1 cup Vanilla Greek yogurt (optional)
 - ½ cup toasted sliced almonds for garnish (optional)

Directions:

1. In a large stock pot combine apple cider, cranberry juice, ginger, cinnamon stick, vanilla, and lemon zest. Bring to a boil then reduce heat a simmer 5 minutes.
2. Peel pears, cut in half and remove the core (a melon baller works well). Add to the hot cider mixture. Simmer for 15-20 minutes, until the pears are soft when pierced with a knife. Remove pears from liquid and place in a large bowl.
3. Return the cider mixture to a boil and cook until reduced to a syrup, about 15 minutes. Discard cinnamon stick, ginger and lemon zest. Pour syrup over pears and chill.
4. Serve pears with a dollop of Greek yogurt and toasted almonds, if desired.

Nutritional Information per serving:

Calories: 94	Carbohydrates: 22g
Total Fat: 0g	Cholesterol: 0mg
Saturated Fat: 0g	Dietary Fiber: 0.5g
Protein: 0g	Sodium: 7mg