

Warm Pear Compote

Ingredients

5 ripe but firm pears - peeled, cored and cut into eighths
¼ cup dried cherries
¾ teaspoon ground cinnamon
½ teaspoon ground nutmeg
⅔ cup apple juice
1 tablespoon honey
1 teaspoon vanilla
1 teaspoon lemon juice
Nonfat frozen vanilla yogurt

Directions

Coat a 2 quart microwave-safe baking dish with nonstick spray. Place the pears and cherries in the prepared dish. Sprinkle the cinnamon and nutmeg over the fruit.

In a small bowl, mix together the apple juice, honey, vanilla and lemon juice. Pour over the fruit and toss to coat.

Microwave the fruit uncovered for 5 minutes on high then stir. Microwave for another 5 minutes then stir. Finally, microwave for 2 more minutes or until the fruit is soft and hot. Let stand for 2 minutes, then serve with a dollop of frozen yogurt.

Preparation time: 5 minutes

Microwaving time: 12 minutes plus 2 minutes standing time

Serves: 4

Chef's note: Substitute apples for 2 of the pears for a delicious variation

Nutrition Facts (per serving)

Calories: 156
Fat: 0.9 g
Cholesterol: 0 mg
Sodium: 3 mg

Courtesy of applesforhealth.com