

Baked Pears



Ingredients:

- 6 large firm pears
- 6 whole cloves
- 2 sticks cinnamons (about 3 inch each)
- 1/4 teaspoon ginger
- 1 tablespoon lemon juice
- 1/3 cup brown sugar
- 1 1/2 cups water
- Low-fat frozen vanilla yogurt

Directions:

1. Cut a thin slice at ends of pears so they'll stand upright in a baking dish.
2. Combine spices, lemon juice, sugar, and water. Pour sauce over pears.
3. Bake uncovered in a 325 F oven for 1 to 1 1/2 hours.
4. Serve with low-fat vanilla yogurt

Makes 6 servings.



Tarrant County Public Health

<http://health.tarrantcounty.com>