



Pomegranate-Poached Pears

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 8 servings | Serving Size: 1 pear half with toppings

Ingredients

4 ripe firm pears (Bosc pears work best, but can also use Bartlett or Anjou)

2 cups 100% pomegranate juice

1 cinnamon stick (or 1 teaspoon ground cinnamon)

1 cup nonfat vanilla Greek yogurt

¼ cup sliced almonds, toasted

Directions

1. Peel the pears and cut them in half. Remove their cores with a spoon or melon baller.
2. Place the pears flat side down in a large saucepan.
3. Pour the pomegranate juice over the pears and add the cinnamon stick to pan.
4. Bring to a simmer over medium-high heat. Cover the pan with a lid and reduce the heat to low.
5. Simmer gently until the pears are tender when pierced with a fork, about 30 minutes, turning them over gently once or twice while they cook so they color evenly.
6. Use a slotted spoon to transfer the pears to a serving dish.
7. Serve warm, topping each pear half with 2 tablespoons of the vanilla Greek yogurt and ½ tablespoon of the toasted almonds.

Recipe Notes

- To toast the almonds, cook them in a dry skillet over medium heat until fragrant, about 3-5 minutes.
- Any leftover pomegranate juice can be saved for putting in a smoothie, adding to beef stew, or reducing and used as a sauce over pork or chicken.
- Cranberry juice can be used in place of the pomegranate juice if desired.

**Nutrition Facts Per Serving: Calories: 150 | Total Fat: 1 g | Saturated Fat: 0 g
Sodium: 15 mg | Total Carbohydrate: 45 g | Dietary Fiber: 1 g | Protein: 2 g**

Adapted from Mariel Hensley, RD | Submitted by Melanya Souza, RD, LD/N
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