

Warm Poached Pears with Trail Mix “Stuffing”

Poached Pears:

12 small pears (Bosc/Bartlett/Anjou/Comice), or 6 large pears
6 cups juice (cranberry/apple/white grape)
Water, as needed
4 cinnamon sticks
6 whole cloves
Zest of 1 large orange, cut into strips

Trail Mix “Stuffing”

¼ cup raisins
¼ cup dried apricots, chopped
¼ cup dried apples, chopped
¼ cup dried cranberries
1 cup small pretzels, broken into tiny pieces
1 cup whole grain cereal
Yogurt (optional garnish)

Procedure:

If using large pears: peel, cut in half, and remove core. If using small pears: peel, and core from the bottom up with a melon baller, so that only the bottom ¼ of the pear is hollowed out. If small pears are wobbly, slice off the bottom a bit, so it stands up.

Put pears, juice, spices and orange zest in a large pot. Add water to cover pears, if needed. Bring to a boil, cover, and simmer until fruit is just tender. (Be careful that it doesn't turn to mush!)

Meanwhile, mix trail mix. If pretzels or cereal is in large pieces, break into tiny pieces.

When pears are done, drain and set aside to cool. When cool enough to handle, turn pear upside down and fill with trail mix “stuffing”. (You should have ¼ cup of trail mix available for each pear, to stuff & garnish.) Place a plate on top of opening, and flip back over, so pears are upright (and filling stays inside). If using large pears, place the cut side up on a plate, and mound trail mix on top.

Garnish plate with yogurt “sauce” and sprinkle any remaining trail mix around/over pears.

Makes 12 servings (1/2 - 1 pear each).