

ROASTED PEARS WITH LEMON CREAM AND CANDIED PECANS



ingredients:

Lemon Cream

4 ounces low-fat cream cheese, room temperature
1/2 cup plain fat-free Greek yogurt
Juice of 1 lemon
1 teaspoon lemon zest
3 Tablespoons powdered sugar

Candied Pecans

Vegetable oil cooking spray
5 teaspoons sugar
5 teaspoons water
1 teaspoon corn syrup
1/4 teaspoon ground cinnamon

1/8 teaspoon salt
1/2 cup roughly chopped pecans

Roasted Pears and Sauce

Juice of 1/2 lemon
8 medium Bosc pears
3/4 cup apple juice
1/3 cup maple syrup
1/3 cup packed brown sugar
2 Tablespoons butter
3/4 teaspoon ground cinnamon
6 whole cloves
1/4 teaspoon salt

Yield: 8 servings

Nutrition Information Per Serving:

331 Calories
10 grams Fat
3.5 grams Saturated Fat
16 mg Cholesterol
198 mg Sodium
58 grams Carbohydrates
1 gram Fiber
4 grams Protein

Food exchanges:

2 fruit, 2 starch, 2 fat

directions:

1. In a medium-sized bowl, combine cream cheese, Greek yogurt, lemon juice, lemon zest and powdered sugar. Blend thoroughly with a hand mixer. Cover and chill in refrigerator for 2 hours.
2. Spray a sheet of aluminum foil and 2 spoons with vegetable oil cooking spray. Set aside. Combine sugar, water, corn syrup, cinnamon and salt in a small bowl and stir until all ingredients incorporated. Add pecans to a small sauté pan. Cook over medium heat for 2-3 minutes or until fragrant and slightly toasted. Add the cinnamon sugar mixture and stir with a heat-resistant spatula to coat the nuts. Stir continuously for another 5-10 minutes or until deep golden brown and shiny. Turn out onto prepared foil. With the two oiled spoons, spread nuts apart to cool.
3. Preheat oven to 400 degrees. Squeeze lemon half into a large bowl half full of cool water. Peel pears, leaving stems, and cut a thin slice off bottoms. Submerge pears upright in water as you work. In a saucepan, combine apple juice, maple syrup, brown sugar, butter, cinnamon, cloves and salt. Cook over medium-high heat and stir until butter melts and sugar dissolves, about 5 minutes. Pat pears dry and arrange upright in a 3-quart baking dish. Pour syrup over pears. Roast for 45 to 50 minutes or until tender and beginning to brown, basting with syrup occasionally.
4. To serve, arrange pears on dessert plates or a platter. Drizzle with remaining syrup. Place one Tablespoon of lemon cream next to each pear and sprinkle each serving with a Tablespoon of candied pecans.



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