

## Baked Cranberry Walnut Pears



### Makes:

4 servings

### Utensil:

2 Qt./1.8L Sauce Pan with Cover  
small mixing bowl



### Rate:

### Recipe:

### Contributed By:

Cathy Vogt  
Certified Health Coach & Natural Foods Chef

[Write a Review](#)

### Recipe Description:

Baked pears are a simple and elegant dessert served with an assortment of cheeses. Pears are an extraordinary source of dietary fiber (especially in the peel), vitamin C, B2 and potassium. Stuff pears and store in the sauce pan in the refrigerator until ready to cook.

4 pears, Bosc or Bartlett, washed

$\frac{3}{4}$  cup  
whole berry cranberry sauce

(208

g)

$\frac{1}{2}$  teaspoon  
cinnamon, ground

(1

g)

$\frac{1}{4}$  cup  
walnuts, chopped and toasted

(30

g)

1 tablespoon  
maple syrup  
(21  
g)

1 orange, navel  
1 ounce (28g)  
per serving of blue cheese, sharp cheddar cheese or other favorite  
selection (optional)

**Directions:**

1. Slice bottom of each pear so it lays flat in sauce pan. Trim off top of pear at the stem end and scoop out seeds with melon baller, paring knife or a small spoon. Trim enough off top of pear so the cover can be placed over pear when in sauce pan and not interfere with the Vapo-Valve™.
2. Combine cranberry sauce, cinnamon, chopped nuts and maple syrup in a small bowl.
3. Divide cranberry mixture between pears and place filling in the center of each.
4. Slice orange into four 2-inch (5 cm) slices and place in bottom of sauce pan. Place 1 filled pear on top of each orange slice.
5. Cover sauce pan and turn heat to medium. When Vapo-Valve™ begins to click, reduce heat to low. Cook pears approximately 20 - 30 minutes until they are softened, but still hold their shape.
6. Serve pears warm with a wedge or your favorite cheese.

**Tips:**

- Cooking time will vary depending on the type of pear.
- Substitute walnuts for almonds or pecans.
- Serve warm pears with ice cream, vanilla yogurt or frozen non-dairy ice cream.

Nutritional Information per

▼ Serving

**Calories:** 268  
**Total Fat:** 5g  
**Saturated Fat:** 1g  
**Cholesterol:** 0mg  
**Sodium:** 18mg  
**Total** 59g  
**Carbs:**  
**Dietary Fiber:** 9g  
**Sugar:** 40g  
**Protein:** 2g

Nutritional analysis does not include optional cheese