

## Saladmaster Easy Apple Pear Turnovers

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Easy Apple Pear Turnovers with Saladmaster 316Ti Stainless Steel Cookware

*By Ivy Ho, Authorized Saladmaster Dealer*

Part 3 of our holiday cooking series focuses on an easy, delicious holiday treat: Apple Pear Turnovers. This simple recipe takes literally 30 minutes from start to finish, and is a low-fat alternative to the traditional pies and cookies for those looking to minimize their holiday weight gain. In our [video](#), we also show you how easy it is to combine your cooking duties to simultaneously cook up some healthy baby food.

Preparation for these turnovers could not be easier! Simply use your [Saladmaster Machine](#) with the Number 1 Cone to shred your apple and pear. Peeling your fruit is optional and for adults we do not recommend peeling because the peel contains important nutrition. However, in this video because we are also preparing baby food, we removed the peel. It is recommended you remove peels for babies up to 1 year old because peels can be difficult for babies to chew and digest. It is also advisable to remove peels for little ones, especially if you do not buy organic so as to minimize pesticide exposure. Pesticide residue may be harmful and is difficult to wash off, particularly in apples.

Instead of sugar, we used agave nectar as a sweetener because it is easier for the body to process than sugar and safer for diabetics. As with all sweeteners, agave nectar should also be used in moderation. If you have only whole pecans, use the [Number 1 Cone](#) again to chop them into your mixture. Finally, our pastry consists of ready-made low-fat crescent dough that you can simply unroll, fill and roll up into crescents.

For the Apple Pear Turnovers, we used the oven and the [Saladmaster 12" Chef's Gourmet Skillet](#). When you bake, instead of using shortening or oil spray, you can use parchment paper on the bottom of your pan. The turnovers will not stick to the paper and the paper will not stick to the pan. Preheat your oven to 375°F/191°C while preparing the mixture, and when your turnovers are ready, bake them for 15 minutes.

See the [full recipe](#) for a list of ingredients and instructions.

#### **TIPS**

Because your Saladmaster 316Ti stainless steel cookware is also your bake ware, you can use any of your pans. If you do not have the 12" Chef's Gourmet Skillet available, taking into consideration size and baking needs. For this recipe, we recommend using the 11" Large Skillet or 10" Chef's Gourmet Skillet as alternative sizes.

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