

Poached Pear w/Ricotta & Walnuts

- 2 each Bartlett pears, peeled, cored and poached 1½ Tbsp maple syrup, sugar free
1½ Tbsp ricotta cheese, low fat 1½ Tbsp walnut pieces, chopped



Procedure

- 1 Core and slice pears. Place pears in large saucepan and cover with liquid. Bring to a boil, reduce heat and simmer for 25 minutes or until pears are tender.
- 2 Remove pears from heat and cool.
- 3 Mix maple with ricotta.
- 4 Using half the poached pear, slice and fan. Place in center of plate. Spoon cheese mixture into center, Garnish with chopped nuts.

Servings: 2

Nutrition Facts

Serving size: 1/2 of a recipe (8.5 ounces).

Amount Per Serving	
Calories	210.83
Calories From Fat (20%)	41.21
% Daily Value	
Total Fat 4.88g	8%
Saturated Fat 0.96g	5%
Cholesterol 3.57mg	1%
Sodium 18.41mg	<1%
Potassium 313.46mg	9%
Total Carbohydrates 43.25g	14%
Fiber 6.86g	27%
Sugar 30.75g	
Protein 2.93g	6%

Recipe Type

Dessert