Roasted Pear with Candied Nuts

Ingredients

Candied Nuts:

1 cup raw, unsalted nuts(any mix of nuts will do)1 Tbs maple syrup1 tsp vanilla extract1/4 tsp ground ginger1/4 tsp ground cinnamon

Roasted Pears:

2 firm pears, halved with seeds removed

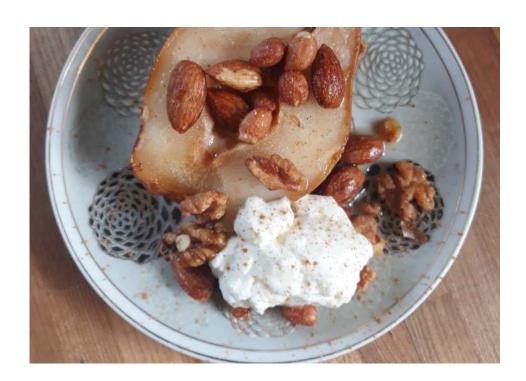
Optional:

Greek yogurt

Yield: 4 servings



Amber Phillips, MS, RD Registered Dietitian



The cool autumn weather and abundance of pears and apples generally means dessert is a fruit cobbler or crisp. This recipe offers a healthy, quick, and elegant alternative to a big pan of sugary crisp. Feel free to experiment with nut varieties, or even substitute apples for pears. The nuts provide healthy monounsaturated fats. Roasting them in a little maple syrup brings out their rich flavor and pairs nicely with the succulent roasted fruit.

Instructions:

- 1. Preheat oven to 350 degrees F.
- 2. Bake halved pears cut side up in baking dish for 30 minutes.
- 3. While pears cook, stir nuts, maple syrup, vanilla, and spices together in bowl.
- 4. Spread nut mixture on cookie sheet lined in parchment paper.
- 5. Roast 10 minutes. Stir, then roast additional 5 minutes.
- 6. Top each roasted pear half with 1/4 nut mixture and optional dollop of Greek yogurt!

