

## 5 A Day Recipes

### Desserts

#### Microwaved Maple-Filled Pears

**Serves 6**

- ¼ cup raisins
- ¼ cup maple flavored syrup
- ¼ tsp. ground cinnamon
- ¼ cup chopped nuts
- ½ tsp. lemon peel
- 3 fresh large pears, pared, halved and cored

Combine raisins, nuts, syrup, lemon peel and cinnamon; set aside.

Arrange pears, cut-side down, in microwave-safe baking dish. Cover with plastic wrap. Microwave at high 5 minutes. Turn pears over and spoon maple mixture into center of each pear. Microwave, covered, at high 3 to 4 minutes longer or until pears are tender.

#### Nutritional Analysis

Calories: 141

Fat: 3 g

Cholesterol: 0 mg

Fiber: 3 g

Sodium: 12 mg

% Calories from Fat: 22%

This is an official 5 A Day recipe, and provides six people with one serving of fruit each.

Recipe provided by the Oregon Washington California Pear Bureau.