



Perfect Poached Asian Pear

Serves 4

2 Asian pears, peeled
2 cups pomegranate juice*
2 cups plum juice

¼ cup granulated sugar
vanilla ice cream, if desired**

Cut the Asian pears in half vertically; use a spoon to scoop out core. Place pear halves in a large pot and cover with the juices; bring to a boil, then reduce heat and simmer for 20 minutes. Remove from heat, cool then place in a bowl and refrigerate an hour or more. Preheat grill to high. Remove pears from refrigerator and dry thoroughly using paper towels. Dip the flat side of each pear half in sugar then place flat side down, on a hot grill until the sugar is brown and bubbly. Transfer to plates or bowls flat side up and serve with a small scoop of vanilla ice cream in the middle of each pear.

*cranberry juice or other juice of choice may be substituted for pomegranate juice

**ice cream not included in analysis

Per serving: 100 calories, 0 g fat, 1 g protein, 26 g carbohydrate, 5 g fiber, 0 mg sodium