

Red Wine Poached Pear, Cinnamon Yogurt

Serving Size: 1 half

Makes 6 servings

Ingredients:

1 ½ cup	red wine
½ cup	water
½ each	cinnamon stick
¾ tsp	lemon zest
½ cup	granulated sugar
3 each	pears, peeled, stem on
½ tsp	ground cinnamon
¾ cup	fat free plain Greek yogurt
⅛ tsp	pure vanilla extract

Preparation:

1. Combine wine, water, cinnamon stick, lemon zest and sugar in a large pot on the stove. Bring to a boil then lower to a simmer.
2. Add pears to poaching liquid and poach until pears are tender and soft. Remove pot from heat but leave pears in liquid. Cool poaching liquid with pears on an ice bath.
3. Remove pears from the liquid, refrigerate. Return liquid to heat and reduce by roughly 75% to a syrup consistency, then chill.
4. Stir together the cinnamon, yogurt and vanilla.
5. Cut pears in half lengthwise. Place pear on a serving platter or plate, drizzle with 1/2 tbsp of reduced glaze and 1 TBSP of yogurt.

NUTRITION FACTS PER SERVING

calories	180
total fat (g)	8
saturated fat (g)	1
trans fat (g)	0
sodium (mg)	220
total carbohydrate (g)	23
dietary fiber (g)	2
sugar (g)	8
protein (g)	3



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