

Roasted Pear with Candied Nuts

Ingredients

Candied Nuts:

- 1 cup raw, unsalted nuts
(any mix of nuts will do)
- 1 Tbs maple syrup
- 1 tsp vanilla extract
- 1/4 tsp ground ginger
- 1/4 tsp ground cinnamon

Roasted Pears:

- 2 firm pears, halved with seeds removed



Optional:

- Greek yogurt

Yield: 4 servings

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!



Amber Phillips, MS, RD
Registered Dietitian