

Roasted pears with honey & walnut syrup



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Preparation: about 20 minutes
Cooking: about 30 minutes
Serves: 4

4 Beurre Bosc pears
3 tbs butter
1/4 tsp ground cinnamon
2 tbs caster sugar
1/3 cup walnuts, roughly chopped
1/4 cup honey

Reduced fat thick natural yoghurt or vanilla ice-cream, to serve

1. Preheat oven to 200°C. Peel, quarter lengthways and core pears. Place pears in a medium non-stick baking pan.
2. Place 2 tbs butter in a heatproof bowl. Microwave on high/100% power 45 seconds or until melted. Stir in cinnamon. Drizzle butter mixture over pears and sprinkle with caster sugar. Gently toss pears to coat in butter mixture. Roast pears, turning occasionally, for 25–30 minutes or until just tender. Set aside for 10 minutes to cool slightly.
3. Meanwhile, heat a small frying pan over medium-low heat. Add remaining 1 tbs butter and heat until bubbling. Add walnuts and cook, stirring often, for 1–2 minutes or until golden (do not allow butter to burn). Remove from heat and stir in honey.
4. Place warm pears in serving bowls. Drizzle with warm honey and walnut syrup and serve with reduced fat thick natural yoghurt or vanilla ice-cream.



Pears

- A good source of dietary fibre. An average pear has as much fibre as almost 2 cups of cooked brown rice.
- Provide vitamin C, a vitamin that is important for healthy gums and blood vessels.
- A fruit with a low GI, which means its carbohydrate provide a sustained release of energy.