

Dessert

Cinnamon-Mascarpone Baked Pears

Integrated Marketing Services, Apopka, FL

Servings: 4

Preparation Time: 10 minutes

Cook time: 20 minutes

2 medium-large ripe pears

2 teaspoons light brown sugar

2 teaspoons butter

1/4 cup white grape juice OR apple juice

6 tablespoons mascarpone cheese

2 teaspoons granulated sugar

1/4 teaspoon cinnamon

2 tablespoons glazed walnuts (optional), chopped

Preheat oven to 375 degrees.

Halve the pears lengthwise and core them.

Place the pears, cored side up, in a medium baking dish.

Spoon 1/2 teaspoon of brown sugar and 1/2 teaspoon of butter into each cavity.

Pour the grape juice into the baking dish.

Bake for 20 to 25 minutes or until the pear halves are tender and lightly browned.

Meanwhile, stir together the cheese, granulated sugar and cinnamon.

To serve, arrange one pear half on each plate.

Top with 1 1/2 tablespoons of the cheese mixture.

Sprinkle each serving with 1 1/2 teaspoons of the walnuts, if desired.

Per Serving (excluding unknown items): 79 Calories; 7g Fat (76.6% calories from fat); 1g Protein; 4g Carbohydrate; trace Dietary Fiber; 20mg Cholesterol; 27mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Fat; 0 Other Carbohydrates.