



## Red Wine Poached Pears

### Ingredients

SERVES 6

6 Bosc pears  
juice of 1 lemon  
2 cups dry red wine  
2 cups water  
1/2 cup brown sugar  
2 tsp vanilla extract  
2 tsp cinnamon  
pinch of clove and cardamom

### Nutrition (1 pear)

KCAL: 173  
SAT FAT: 0 g  
FIBER: 3 g  
SODIUM: 0 g  
ADDED SUGARS: 4 g

### Directions

1. Slice pears in half and using a melon baller or spoon, remove the circular pits. Place in a large bowl of water with lemon juice as sauce is prepared.
2. In a large pot add all of the ingredients except the pears and bring to a boil, then down to a simmer. Stir well and add pears. Simmer for 10 minutes.
3. Flip pears gently and simmer for 10 minutes more.
4. Remove pears from liquid and cool. Boil sauce for 10 minutes more to reduce by half. Drizzle over pears and serve.