

## Poached Pears with Cider Sauce

*Just Say Yes* to Fruits and Vegetables

*You might say this recipe is a pear above the rest!*



[jsyfruitveggies.org](http://jsyfruitveggies.org)

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## Poached Pears with Cider Sauce

Serves 8 • Serving: ½ cup



*Leave the skins on the pears - all of the healthy fiber is in the skin.*

### Ingredients:

- 3 cups apple cider
- 1 teaspoon cinnamon
- 1 teaspoon grated or finely chopped ginger root
- 1 cup water
- 4 cored and chopped fresh pears
- 1 teaspoon mint leaves (optional)

### Directions:

1. In a large pot over medium heat, bring the cider, cinnamon, ginger, and water to a boil.
2. Add the pears and cook for about 15 minutes, or until pears can easily be pierced with a fork. Remove pears and place in a bowl.
3. Raise heat to high and cook liquid until it thickens.
4. Pour liquid over pears and add mint leaves, if desired.
5. Serve and enjoy!
6. Refrigerate leftovers.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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