

Recipe of the Month – January 2024

Baked Pear Parfait

Serves: 4

Serving Size: 1/2 pear & 1/2 cup yogurt

Cost per Serving: \$1.15

Ingredients:

2 Firm (Bartlett or Anjou) Pears

1/2 cup 100% apple juice

1/2 cup water

1 tablespoon honey

2 cups plain Greek low-fat yogurt

1/2 cup granola

2 tablespoons walnuts OR unsalted nuts,
chopped



Directions:

1. Preheat oven to 375F.
2. Cut the pears in half lengthwise, and remove cores with a spoon. Place in an 8x8-inch baking dish, cut sides down.
3. Pour apple juice and water over pears, and drizzle with honey. Cover pan loosely with foil and bake about 35 minutes or until tender.
4. When pears are done, pour liquid remaining in baking dish into a small saucepan. Reduce over medium heat until liquid forms a syrup and about 1/4 cup remains. Set aside to cool.
5. Divide yogurt into four bowls. Place each half of the warm pear in each bowl, cut side up. Top with granola and nuts, and drizzle with pear syrup.

Nutrition Facts per Serving: 240 calories, 5g total Fat (1.7g sat. fat),
10mg. Cholesterol, 50mg Sodium, 35g Carbohydrates, 4g Fiber, 23g Sugar, 14g Protein

Recipe compliments of Ohio SNAP-Ed (Ohio State Extension) Celebrate Your Plate 2024 Calendar



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