

Champagne-Poached Pears

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For an elegant presentation, serve individually in teacups.

INGREDIENTS:

8 Bosc or Bartlett pears
1 (750-milliliter) bottle champagne or sparkling wine
1/2 gallon orange juice
1 (3") cinnamon stick
5 whole cloves
Garnish: orange and lemon rind strips

DIRECTIONS:

Peel and core pears, leaving stems intact. Cut a thin slice from bottom of each pear, forming a base for pears to stand on - place pears upright in a Dutch oven - pour champagne + orange juice over pears. Add cinnamon stick + whole cloves. Bring mixture to boil - reduce heat and simmer 15 minutes or till pears are tender. Serve pears warm. Garnish, if desired.

Yield: 8 servings

NUTRITION PER SERVING: CALORIES 170 (5% from fat); FAT 1g (sat 0.0g, mono 0.0g, poly 0.0g); PROTEIN 1.5g; CARB 38g; FIBER 4g; CHOL 0.0mg; IRON 0.7mg; SODIUM 2mg; CALC 34mg