

Steamed Pears With Berry Sauce

Ingredients:

4 med. pears
3 c. water
2 T. lemon juice
1 c. fresh raspberries
6 oz. unsweetened pineapple
juice
1 T. cornstarch
low-calorie powdered sweetener
to equal 3 T. sugar

Directions:

Peel and core pears; leave stems intact. Cut thin slice off the bottom so pear will stand upright. In large saucepan, combine water and lemon juice; bring to a boil. Add whole pears. Cover and simmer for 10 to 15 minutes or until pears are tender. Transfer pears and cooking liquid to medium-sized mixing bowl. Cover and chill for 3 to 4 hours. In small saucepan combine raspberries, pineapple juice, and cornstarch. Cook and stir over medium heat until mixture is thick. Cool. Press through sieve to remove seeds; discard seeds. Transfer to bowl, add sweetener, and chill until serving time. To serve, lift pears with slotted spoons from cooking mixture and place in dessert dishes. Spoon chilled sauce over pears. Yield: 4 servings.

Nutritional information:

Calories: 141; protein: 1 gram; fat: 1 gram; cholesterol: 0 milligrams; vitamin A: 77 IU; vitamin C: 23 milligrams.

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