Ginger Poached Pears

- A simple treat for any time of day, easier to digest than raw and may help to soothe an upset stomach.
- May be paired with Greek yogurt, cottage cheese, hot cereal, or pudding.
- Recipe from www.cookforyourlife.org

Ingredients:
- 4 medium Bosc pears
- 3 tablespoons brown sugar, or to taste
- ½-inch piece of ginger root, peeled and thinly sliced
- ¼ cup water
- Crystallized ginger, if desired for garnish

(You will also need a heavy bottomed sauté pan with a tight-fitting lid)
Directions:

1. Peel the pears and cut them in half lengthwise. Scoop out the cores with a teaspoon and arrange the pears in a circle inside the pan, cut sides up.

2. Mix the sugar, ginger root and water together in a pan and bring to a boil. When the sugar has dissolved, pour the liquid and ginger slices over the pears.

3. Bring the pears to a simmer over medium-high heat. Cover the pan, turn the heat down to low, and gently poach until the pears are tender (about half an hour). Cover the pears with the syrup from time to time, and at about 15 minutes into the cooking flip the pears over.

4. When the pears are just tender, turn the heat off. Leave the lid on and let the pears cool in the pan. They will continue cooking and give out more of their juices as they steam.

5. Discard the ginger slices, serve pears chilled or at room temperature and decorate with crystallized ginger if desired. Serves 4-8.

Nutrition Information per serving:
100 calories, 0.5 gm protein, 22 gm carbohydrate, 3.7 gm fiber