

Harvest Pear Crisp

Preparation time: 15 minutes

Baking time: 40 minutes

Yield: 8 servings

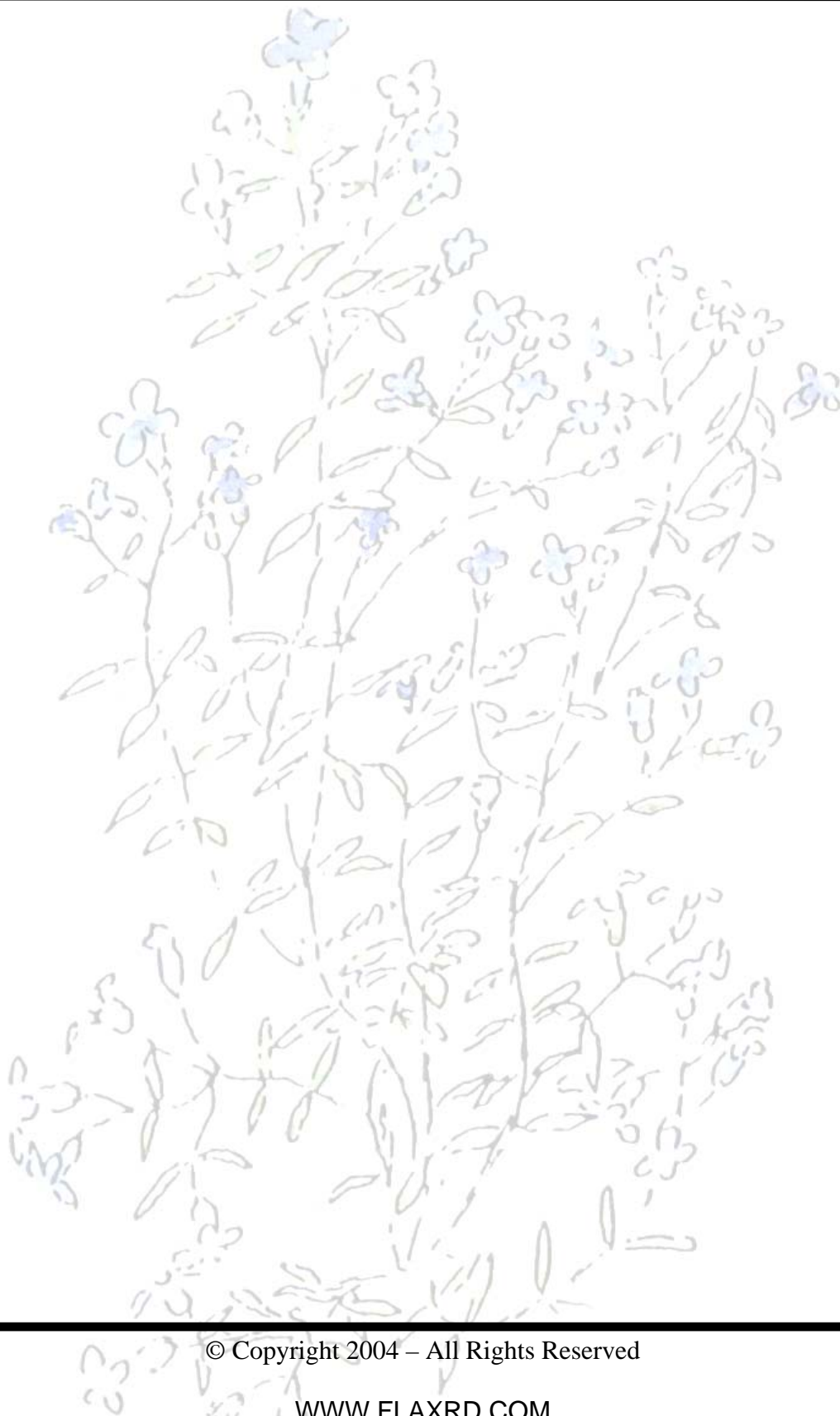
Here's another one of Cindy Gay's contributions. I'm sure that this is a popular offering whenever it appears on the menu of the Health Sciences Center Cafeteria of the West Virginia University Hospital.

6 cups fresh sliced pears
1 tablespoon fresh lemon juice
2 tablespoons plus 2 teaspoon white sugar
1 tablespoon cornstarch
1-1/2 teaspoons ground cinnamon
1/3 cup ground flaxseed
1/4 cup brown sugar, packed
1/3 cup quick cooking oats

1. Preheat oven to 350 F.
2. Combine pears and lemon juice in a baking dish (coated with non-stick spray), toss gently to coat.
3. Combine sugar, cornstarch, and two-thirds of cinnamon; stir with a whisk.
4. Add cornstarch mixture to pear mixture; toss well to coat.
5. Mix flax, rest of cinnamon, brown sugar, and oats in separate bowl. Sprinkle evenly over pear mixture.
6. Bake for approximately 40 minutes or until pears are tender and topping is golden brown.

Nutrition Information Per Serving

Calories 157	Fat 3 g	Fiber 5 g
Carbohydrates 33 g	Omega-3 Fats 1261 mg	Calcium 39 mg
Protein 2 g	Cholesterol 0 mg	Sodium 5 mg



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WWW.FLAXRD.COM
Jane Reinhardt-Martin R.D., L.D.
P.O. Box 1704, Moline, Illinois 61266
(309) 764-7557