

# Preventing Women's Heart Disease Through Education



**CAROL For Heart**

## Sugar Plum Pears

Servings: 8; ½ cup per serving

Slow Cooker size/shape: 3-4½ quart round

Preparation: 3 ½ hours on low plus 15 minutes, or 1 hour 45 minutes on high plus 15 minutes on high

Slow cooking firms pears for a while and later adding fresh plums lets the different fruits retain their distinct flavors and textures in this slightly syrupy dessert.

Cooking spray

3 medium, firm pears, cut lengthwise into ½ inch slices

¼ cup dry white wine (regular or nonalcoholic)

3 tablespoons sugar

2 tablespoons chopped crystallized ginger

3 small red plums or medium purple plums, cut lengthwise into ½ inch slices

2 teaspoons grated lemon zest

1 teaspoon vanilla extract

- Lightly spray the slow cooker with cooking spray. Put the pears, wine, sugar, and ginger in the slow cooker, stirring to combine. Cook, covered, on low for 3 ½ hours or on high for 1 hour 45 minutes, or until the pears are just tender.
- Quickly add the plums, lemon zest, and vanilla, gently stirring to coat, and re-cover the slow cooker. If using the low setting, change it to high. Cook, covered, for 15 minutes.
- Transfer the pear mixture to a large pan, such as a 13 x 9 x 2-inch glass baking dish. Arrange the fruit in a single layer. Let cool completely, about 30 minutes. The plums will slightly cook and thicken the sauce as they cool.

*Per Serving: Calories 87; Cholesterol 0mg; Total Fat 0g; Sodium 1mg; Saturated fat 0g; Carbohydrates 21g; Trans Fat 0g; Fiber 3g; Polyunsaturated fat 0g; Sugars 15g; Monounsaturated fat 0g; Protein 1g; Dietary Exchanges 1 fruit, ½ other carbohydrate*

From the American Heart Association Healthy Slow Cooker Cookbook

For more information, visit us at: [www.CarolForHeart.org](http://www.CarolForHeart.org)