



**Pacific Northwest
Canned Pears**
Always ripe. Always ready.

Caramel Cardamom Roasted Pears

6 Servings

Ingredients

1/2 cup (1 stick) unsalted butter
1 cup light brown sugar, lightly packed
2 cardamom pods, or 1/8 teaspoon ground cardamom
2 teaspoons freshly squeezed lemon juice
2 tablespoons dark rum, whisky, or other liqueur, if desired
12 Pacific Northwest Canned Pears, halves, drained
3 cups vanilla ice cream
1/3 cup lightly toasted pecans or macadamia nuts, coarsely chopped (optional)

Method

Preheat the oven to 400 degrees F.

In a large sauté pan over medium high heat, melt the butter. Add the brown sugar and cardamom, and bring the ingredients to a boil. Add the lemon juice and rum, if using, and let the sauce simmer 3 to 4 minutes.

Arrange the pear halves in a 9 by 13-inch pan and pour the caramel over top. Gently toss the pears to coat evenly with the caramel and place the pan in the oven for 15 to 18 minutes. Remove the pears from oven and discard the cardamom pods. Keep the pears warm until ready to serve.

To serve, place 2 pear halves per serving in a bowl. Add 1/2 cup vanilla ice cream and drizzle with 2 to 3 tablespoons of the sauce and 1 tablespoon toasted nuts, if using.

Servings

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Nutrition

<i>Calories</i>	663
<i>Calories from Fat</i>	337
<i>Fat</i>	37g
<i>Saturated Fat</i>	20g
<i>Cholesterol</i>	107mg
<i>Sodium</i>	242mg
<i>Carbohydrate</i>	79g
<i>Dietary Fiber</i>	4g
<i>Sugar</i>	68g
<i>Protein</i>	7g
<i>Vitamin A</i>	22% DV
<i>Vitamin C</i>	10% DV
<i>Calcium</i>	23% DV
<i>Potassium</i>	14% DV
<i>Iron</i>	6% DV