



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

Caramelized Pear Yogurt Mousse

6 Servings

Ingredients

3 (15-ounce) cans Pacific Northwest Canned Pears, halves, in juice
1 tablespoon vegetable or canola oil
1 tablespoon granulated sugar
1/2 teaspoon cinnamon
1/2 teaspoon ginger
2 cups vanilla pudding, prepared or homemade
1 cup Greek-style vanilla yogurt

Method

Preheat oven to 375°F. Place the pear halves, cut-side down, on a baking sheet with sides and brush with the oil. Set aside.

In a small bowl, combine the sugar, cinnamon and ginger. Sprinkle the pears with sugar and spice mixture, and bake 35 to 40 minutes, turning once, until the pears are caramelized. Remove from the oven, and set aside to cool to room temperature. Once they have cooled, chill 6 pear halves until ready to serve and dice the remaining pears.

In a medium bowl, combine the pudding, yogurt and diced pears, folding the ingredients together gently to thoroughly combine. Divide the mousse between 6 serving dishes, and then cover and chill until ready to serve. To serve, top each dish with a Caramelized Pear Half.

Servings

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Nutrition

<i>Calories</i>	180
<i>Calories from Fat</i>	20
<i>Fat</i>	2.5g
<i>Saturated Fat</i>	0g
<i>Cholesterol</i>	0mg
<i>Sodium</i>	170mg
<i>Carbohydrate</i>	35g
<i>Dietary Fiber</i>	3g
<i>Sugar</i>	26g
<i>Protein</i>	5g
<i>Vitamin A</i>	0% DV
<i>Vitamin C</i>	2% DV
<i>Calcium</i>	8% DV
<i>Iron</i>	4% DV