

Easy Pear Cheese Blintzes

24 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

3 cups fresh or frozen blueberries, raspberries or a combination
4 cups Pacific Northwest Canned Pears, diced, in juice, drained and juice reserved
5 tablespoons confectioners' sugar, divided
1 cup ricotta cheese
8 ounces cream cheese, softened
24 10-inch whole wheat flour tortillas
1/4 cup canola oil plus more if needed
Confectioners' sugar, for garnish
Chia seeds, optional, for garnish

Method

Combine the berries with the reserved pear juice and 1 tablespoon confectioners' sugar in a 2-quart nonreactive saucepan. Bring to a boil over medium high heat. Crush the berries using the back of a spoon, reduce the heat to a simmer and cook for 10 minutes.

Meanwhile, in the bowl of a stand mixer fitted with the paddle attachment, or by hand, beat the ricotta and cream cheeses with the remaining 1/4 cup confectioners' sugar until smooth.

Lay the tortillas out on a clean, dry work surface and place a tablespoon of the cheese mixture on the bottom half of each one, spreading it out slightly and leaving a wide border. Top with 2 tablespoons diced pears.

To assemble, fold the lower half of the tortilla up over the pears, like an envelope. Fold both sides in and roll like a burrito.

Heat the oil in a large skillet over medium high heat. When the oil is hot, add 4 or 6 blintzes (or whatever fits comfortably without overcrowding the pan), seam side down. Cook about 90 seconds per side or until warmed through and lightly browned. Repeat with remaining blintzes.

Serve the blintzes warm, dusted with additional powdered sugar and chia seeds, if using.

Servings

Makes 24 servings

Nutrition

Calories	318
Fat	12 g
Saturated Fat	5 g
Cholesterol	15 mg
Sodium	490 mg
Carbohydrate	44 g
Dietary Fiber	6 g
Sugar	11 g
Protein	8 g
Vitamin A	163 IU
Vitamin C	2 mg
Calcium	185 mg
Iron	3 mg

Recipe by Carolyn Costner, RD, LDN
eatcannedpears.com