



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Pear Breakfast Rollups

12 Servings

Ingredients

1 (#10) can Pacific Northwest Canned Pears, diced, in juice, drained and juice reserved
3/4 cup corn starch
1/4 cup freshly squeezed lemon juice
24 whole wheat flour tortillas (6-inch)
2 cups dried cranberries or dried cherries, or a combination (optional)
1 cup salted butter, melted
1 cup brown sugar
2 teaspoons ground cinnamon
Cinnamon sugar for garnish

Method

Bring 2 cups of the reserved pear juice to a boil in a non-reactive saucepan.

In small bowl, combine an additional 1/2 cup of pear juice with the cornstarch. Stir until somewhat smooth and add to the pan of lightly boiling pear juice. Boil, whisking often to prevent lumps, for 5 minutes or until the pear juice in the pan becomes thick. Remove from the heat and set aside to cool.

Once cool, add the lemon juice, diced pears and dried fruit, if using, to the thickened pear juice; the mixture should resemble pie filling. Distribute the filling evenly between the tortillas, 1/2 cup each for the breakfast filling and 1/4 to 1/3 cup for the dessert enchiladas. Roll up and place seam side down in hotel pans.

Preheat the oven to 325 degrees F and make the sauce. Combine melted butter, brown sugar and cinnamon, stirring until smooth. Spoon mixture evenly over the enchiladas.

Bake until the filling reaches 145 degrees F, about 15 minutes. Sprinkle with cinnamon sugar and serve hot, straight from the oven, or allow to cool slightly or to room temperature.

Servings

Makes 12 breakfast servings (2 per serving)

Nutrition

<i>Calories</i>	289
<i>Total Fat</i>	10 g
<i>Saturated Fat</i>	6 g
<i>Cholesterol</i>	20 mg
<i>Sodium</i>	294 mg
<i>Carbohydrate</i>	46 g
<i>Fiber</i>	4 g
<i>Sugar</i>	19 g
<i>Protein</i>	3 g
<i>Calcium</i>	94 mg
<i>Iron</i>	2 mg