

# Easy Pear Cheese Blintzes

6 Servings



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

## Ingredients

3/4 cup fresh or frozen blueberries, raspberries or a combination  
1 cup Pacific Northwest Canned Pears, diced, in juice, drained and juice reserved  
4 teaspoons confectioners' sugar, divided  
1/4 cup ricotta cheese  
2 ounces cream cheese, softened  
6 10-inch whole wheat flour tortillas  
1 tablespoon 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 teaspoon of the confectioners' sugar in a small 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 3 teaspoons confectioners' sugar until smooth.

Lay the tortillas out on a clean, dry work surface. Place a tablespoon of the cheese mixture on the bottom half of each one and spread out slightly 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 12 to 14-inch skillet over medium high heat. When the oil is hot, add half of the 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.

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

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## Nutrition

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