



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Pear Breakfast Rollups

Makes 6 servings

Ingredients

2 (15-ounce) cans Pacific Northwest Canned Pears, diced,
in juice, drained and juice reserved
3 tablespoons corn starch
1 teaspoon freshly squeezed lemon juice
12 whole wheat flour tortillas (6-inch)
1 cup dried cranberries or dried cherries, or a combination
(optional)
4 tablespoons salted butter, melted
1/4 cup brown sugar
1/2 teaspoon ground cinnamon
Cinnamon sugar for garnish

Method

Bring 1/2 cup of the reserved pear juice to a boil in a small non-reactive saucepan.

In small bowl, combine an additional 2 tablespoons of pear juice with the cornstarch. Stir until somewhat smooth and add to the pan of lightly boiling pear juice. Boil, whisking often, for 3 minutes or until the pear juice thickens. 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 a 9-by-13-inch pan.

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.

Place the pan in the oven and bake until the filling is hot, about 15 minutes. Remove from the oven, sprinkle with cinnamon sugar and serve hot. They are also good served warm, or at room temperature.

Servings

Makes 6 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