

Pear Hand Pies

6 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

DOUGH

1 cup white whole wheat or all-purpose flour
3 tablespoons sugar
1/8 teaspoon salt
2 tablespoons unsalted butter
2 tablespoons plain yogurt
2 tablespoons water
1/2 egg (save the other half for egg wash)

FILLING

1/2 (15-ounce) can Pacific Northwest Canned Pears, diced, in juice, drained
1 tablespoon brown sugar
Scant 1/4 teaspoon ground cinnamon

Egg wash made with remaining 1/2 egg and 1 tablespoon water
3 tablespoons granulated sugar

Method

To make the dough, measure the flour, sugar and salt into the bowl of a food processor fitted with the blade. Add the butter and pulse several times to cut it in. Add the yogurt, water and egg and pulse until a clumpy, moist dough forms. Empty the contents of the food processor bowl out onto a sheet of plastic wrap and use it to bring the dough together into a disk. Wrap and chill at least one hour.

Purée the pears with the sugar and cinnamon until smooth and not at all gritty. Set aside.

Preheat the oven to 375 degrees F. Roll the dough out to 1/8-inch thickness and use a 3-inch round cutter to stamp out 16 disks.

Brush each dough disk with egg wash and spoon about 1/2 tablespoon in the centers. Fold the dough over to make a half moon and press down with your fingertips or the tines of a fork to close.

Place the empanadas on a parchment-lined baking sheet, lightly brush with any remaining egg wash, and sprinkle with sugar. Place on the middle rack of the oven and bake 12 to 15 minutes, or until golden brown.

Servings

Makes 8 servings (2 hand pies per serving)

Nutrition

Calories	129
Total Fat	4 g
Saturated Fat	2 g
Cholesterol	27 mg
Sodium	41 mg
Carbohydrate	21 g
Fiber	2 g
Sugar	8 g
Protein	3 g
Calcium	20 mg
Iron	1 mg