



Go for 2&5
FRUIT VEG

Get the edge with fruit & veg

It's recommended that adults eat at least two serves of fruit & five serves of veg every day. Eating more fruit and vegetables helps to prevent overweight and obesity, heart disease, some forms of cancer and can also improve control of diabetes.

Poached Pears

10 minutes preparation + 15 minutes cooking
6 serves of fruit in this recipe

- 1 L (1000mL) dark grape juice
- 6 pears, peeled and quartered, cores removed

Pour juice into a saucepan and bring to the boil. Lower the heat, add pears and simmer for 10–15 minutes or until just tender. Turn pears over to cover in juice during cooking. Remove from the heat and allow to cool in the syrup. Serve warm or cold. Serves 6.



Microwave Instruction

Arrange pears in a deep microwave dish, add juice and microwave on HIGH (100%) for 5 minutes. Turn pears and microwave for 3–5 minutes or until tender. Allow to cool and serve.

Variation

Try substituting apple juice for grape juice and adding ¼ cup caster sugar, or use red wine and ½ cup caster sugar. Add sugar to the juice or wine and simmer until sugar dissolves before adding pears.

Serving suggestion

Pour over syrup and serve with a dollop of low-fat natural yoghurt or reduced-fat vanilla ice cream.

Sample this recipe at the Go for 2&5[®] Taste Test

Belconnen Fresh Food Markets

Saturday, 9 May 2009, 10.00am - 12.00noon



Hungry for more?
www.gofor2and5.com.au

Recipe from Healthy Food Fast©
State of Western Australia 2009,
reproduced with permission.

An Australian Government,
State and Territory
health initiative.