Pear and Apple Compote

Number of servings: 6  
Preparation time: 5 minutes  
Total time: 15 minutes

Ingredients:
- ¼ cup sugar
- 1 teaspoon grated orange rind
- ¼ cup fresh orange juice
- 1 teaspoon ground cinnamon
- 2 cups cubed and peeled apples
- 2 cups cubed and peeled pears

Equipment Needed:
- Cutting board
- Knife
- Large non-stick skillet
- Wooden spoon
- Measuring spoons and cups

Directions
- Add first 5 ingredients to a large skillet; bring to a boil over medium-high heat. Reduce heat, and simmer 2 minutes.
- Add pear; cook 1 minute or until fruit is tender, stirring gently. Remove from heat; cool. Serve chilled or at room temperature over oatmeal, yogurt or on toast.

Nutrition Facts

Serving Size: ½ cup  
Recipe makes 6 servings  
Calories 89  
Calories from Fat 0

Amount Per Serving  %DV  
Total Fat 0g  0%  
Saturated Fat 0g  0%  
Monounsaturated Fat 0g  0%  
Trans Fat 0g  0%  
Cholesterol 0 mg  0%  
Sodium 1.1 mg  7%  
Potassium 126 mg  4%  
Total Carbohydrate 23g  8%  
Dietary Fiber 2.8g  11%  
Protein 0.3g  1%  
Vitamin A 1%  
Vitamin C 15%

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Apples & pears are the two most popular fruits in the US!