Poached pear

Servings: 2

1 each d'Anjou pear or desired pear, Wash, peel, and cut in half
1 1/2 cups red wine
2 tablespoons brown sugar
1/2 each cinnamon stick
2 each whole clove

In a small sauce pan, all ingredients except pear to a simmer

Place pears into Liquid and bring to simmer

Cook for approximately 10-15 minutes until pears are just tender but not soft

Cool in poaching liquid

Cut to desired size and serve

Yield: 1 Pear

Per Serving (excluding unknown items): 192 Calories; 1g Fat (14.2% calories from fat); 1g Protein; 19g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 135mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Fat; 1/2 Other Carbohydrates.