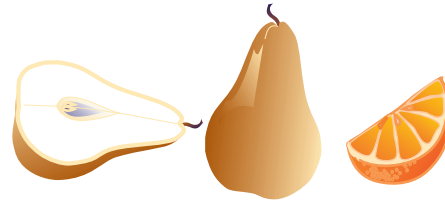


Pear Fans à l'Orange

Ingredients:

- 1 tablespoon sugar
- 1 1/2 teaspoons cornstarch
- 2 teaspoons lemon juice
- 1/4 cup orange juice
- 1 teaspoon orange or lemon peel, finely shredded
- 1 Bartlett pear (or other variety, such as D'Anjou, or Comice)



Preparation:

1. In a small saucepan, combine sugar and cornstarch thoroughly, then stir in lemon juice and orange juice.
2. Cook over medium heat, stirring constantly until thickened and clear. Stir in peel.
3. Pour orange sauce onto two flat dessert plates. Set aside.
4. Cut pear in half lengthwise. Remove core and seeds. Cut each pear-half lengthwise into slices 1/3 inch thick, leaving about 1/2 inch uncut at stem end, so that it remains intact. Place sliced pear half, cut side down, on each plate. Gently press pear to fan out slices.
5. Sauce can be served at room temperature or served cold. It may be made up to one day ahead; when serving add a bit of water to thin, if needed.

Makes approximately two 1/2 cup servings

Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	9%
Sugars 18g	
Protein 1g	
Vitamin A 0%	Vitamin C 30%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat	9 • Carbohydrate 4 • Protein 4