

Baked Pears with Chocolate Sauce



Serves 4

Ingredients:

- 4 small pears with stem intact
- 2 tbsp orange juice
- 5 tsp nonfat chocolate sauce

Procedure:

- Peel pears.
- Partially core them from the bottom, leaving the stem intact.
- If necessary, take a small slice off the bottom to make it flat so the pear can stand without tipping.
- Pour orange juice onto a plate and roll the pears in the juice to coat.
- This will prevent browning.
- Arrange pears in a covered microwave-safe casserole.
- Microwave your creation on high for 3 minutes. Let sit 5 minutes.
- Cool in refrigerator until chilled.
- To serve, place a pear on a plate with the stem up and drizzle with chocolate sauce.

Per serving:

- Calories: 130
- Protein: 1 gm
- Carbohydrates: 30 gm
- Fat: 1 gm

This is a very attractive dessert that is also delicious. The uniqueness of a pear, including the stem, drizzled with chocolate sauce appeals to all ages. Use pears that are ripe but not too soft.