

*Fresh Ideas featuring:*

Fresh *Fruits*  
from *Chile*

### **Filled Pears**

4 large, ripe Chilean fresh pears  
1/2 cup cranberry juice  
4 ounces low-fat cream cheese  
1/4 cup chopped dates  
1/4 cup dried cranberries or raisins  
1/4 tsp. vanilla  
1 Tbs. chopped walnuts.



Peel pears and cut in half lengthwise. Remove core and place in microwave safe dish. Add cranberry juice and enough water to cover pear halves. Cover with plastic wrap, and microwave on high for 3-4 minutes or until just tender. Set aside to cool.

Mix cream cheese and dried fruit. When pears are cooled to room temperature, remove from liquid and fill each pear half with the cream cheese mixture. Top with chopped walnuts and serve.

Serves 4



**Chilean Fresh Fruit Association**  
[www.cffausa.org/foodservice](http://www.cffausa.org/foodservice)

