

Market District Demo Recipes

Dessert



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Pie Crust Baked Pears

Serves: 12

Modified from: www.Delish.com

Items Needed: cutting board, knife, rolling pin, baking sheet, parchment paper

Ingredients:

- 6 large pears
- 1 lb. package frozen pie crust
- Whipped cream

Directions:

1. Preheat oven to 350 F. Peel and halve pears (leave stem intact), then use a melon baller to scoop out seeds and a small hole. Place on a parchment-lined baking sheet face down (round side up).
2. Roll out pie crust into 1/4"-thick sheets, then divide into squares (12), large enough to fit over a pear half. Cover pear with half pie crust, then use a small knife to cut around the edges of the pear.
3. Use a knife to make small slits on the pears.
4. Bake until pie crust is golden and juice is bubbling out from pears, about 20 minutes.
5. Let cool, then flip and top with whipped cream.

Nutrition Information (per 1 pear half with whipped cream):

Calories: 155 Fat: 5 g Carbs: 25 g Protein: 1 g Fiber: 3 g Sodium: 85 mg