

## Pear and Apple Compote

Number of servings: 6  
 Preparation time: 5 minutes  
 Total time: 15 minutes

### Ingredients:

- ¼ cup sugar
- 1 teaspoon grated orange rind
- ¼ cup fresh orange juice
- 1 teaspoon ground cinnamon
- 2 cups cubed and peeled apples
- 2 cups cubed and peeled pears

### Equipment Needed:

Cutting board  
 Knife  
 Large non-stick skillet  
 Wooden spoon  
 Measuring spoons and cups

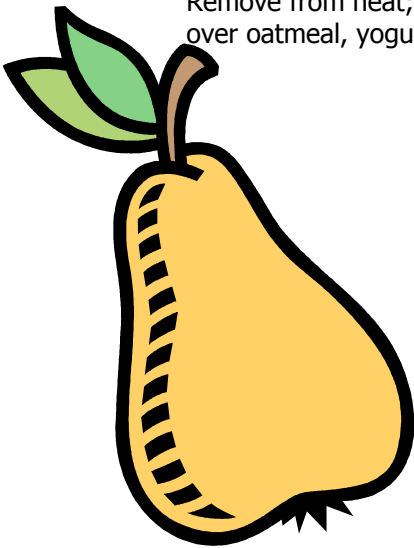
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### Directions

- Add first 5 ingredients to a large skillet; bring to a boil over medium-high heat. Reduce heat, and simmer 2 minutes.
- Add pear; cook 1 minute or until fruit is tender, stirring gently. Remove from heat; cool. Serve chilled or at room temperature over oatmeal, yogurt or on toast.



**Apples & pears are  
 the two most popular  
 fruits in the US!**

### Nutrition Facts

Serving Size: ½ cup  
 Recipe makes 6 servings  
**Calories 89**  
 Calories from Fat 0

Amount Per Serving	%DV
Total Fat 0g	0%
Saturated Fat 0g	0%
Monounsaturated Fat 0g	
Trans Fat 0g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 1.1 mg	7%
<b>Potassium</b> 126 mg	4%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 2.8g	11%
Protein 0.3g	1%
Vitamin A	1%
Vitamin C	15%

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.