

Pear – Cranberry Crisp (Fruit, Grain)

Ingredients:

- 6 medium pears, peeled, cored and chopped (about 6 cups)
- 1 16 ounce can whole cranberry sauce
- 1/3 cup dried cranberries
- 1/2 c brown sugar, packed
- 1 1/2 t pumpkin pie spice, divided
- 3/4 c all-purpose flour
- 1/4 c cornmeal
- 3 T sugar
- 1 1/2 t baking powder
- 1/4 c cold butter, cut up
- 1 egg, lightly beaten
- 1/2 c canned pumpkin
- 2 T low- fat milk



Directions:

Filling

1. In a large bowl, combine pears, cranberry sauce, dried cranberries, brown sugar and 1 t pumpkin pie spice.
2. Transfer filling to a 2- or 2-1/2- quart casserole. Bake, covered, in a 375° F oven for 30 minutes.

Topping

1. In a medium bowl, combine flour, cornmeal, sugar, baking powder and the 1/2 t pumpkin pie spice.
2. Using pastry blender or two butter knives, cut butter into flour mixture until pieces are pea-size.
3. In a small bowl, combine egg, pumpkin and milk. Add pumpkin mixture to flour mixture all at once, stirring until just combined.

To Complete:

1. Remove casserole dish from oven. Spoon the topping into 8 mounds on top of the hot pear mixture. If you like, sprinkle with a little additional granulated sugar.
2. Bake, uncovered, about 30 minutes more or until a wooden toothpick inserted near the center of the biscuit topping comes out clean.
3. Cool for 30 minutes.

Makes 8 servings.



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