

RECIPE

Hero Vegetable: Pears

Pear Butter

Ingredients:

4-5 pears, cored and stems removed
½ tsp ground nutmeg
½ tsp ground cinnamon
½ tsp ground cloves
2 cups water plus extra
½ cup sugar

Directions:

In a 2-quart sauce pot, whisk together the sugar, ground cloves, cinnamon, and nutmeg. Cut the pears into 1-2-inch pieces. Toss into the sugar mixture. Add the water and cook on medium high heat for 30 minutes or until the pears are very soft. If the water evaporates too quickly, add a little more. You want an applesauce consistency not caramel. Take a submersion blender and blend until smooth.