Holiday Baked Pears

4 medium pears
24 fresh cranberries
4 Tablespoons chopped pecans

1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
4 teaspoons honey

Instructions: Preheat oven to 375°F. Halve the pears. Remove stems and core with melon baller or cookie scoop. Cut a small slice on the backside of each pear so that each half lays flat. Place pear halves on baking sheet. Place 3 cranberries and 1/2 Tablespoon of pecans in each pear half. Sprinkle each with cinnamon and nutmeg. Drizzle each with honey. Bake for 30-40 minutes or until pears are tender.

Yield: 8 servings, 1 pear half each

Nutritional analysis per serving: 60 calories, 2.5 grams of fat, 0 milligrams sodium, 10 grams carbohydrate, 3 grams fiber, 1 gram protein