

UofL Health Promotion Office Featured Recipe

Use the abundant local veggies from Farmers' Markets to make a luscious and nutrient-dense meal...quickly!

Cinnamon Pearfection!



Ingredients:

- 2 pears
- 2 tsp cinnamon
- 2 tsp honey
- 3 Tbsp chopped walnuts

Preparation:

- Preheat the oven to 350 degrees F.
- Cut the pears in half and scoop out the seeds of each half.
- Fill the scooped out section with walnuts and drizzle each with a 1/2 tsp honey.
- Top each off with a few dashes of cinnamon powder
- Place them on a cookie sheet and bake for 25 minutes.
- Serve alone or with greek yogurt. Enjoy!

More recipes from UofL Health Promotion Office:

www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes

Chef Mat's website has more recipes for fresh summer veggies and fruits:

www.junehealthandwellness.com