



Merry Cranberry Pear Tarts



1/12th of recipe (1 tart): 70 calories, 1g total fat (<0.5g sat. fat), 99mg sodium, 15.5g carbs, 2g fiber, 8g sugars, 0.5g protein

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Prep: 20 minutes **Cook:** 20 minutes

Cool: 10 minutes



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Ingredients

2 tbsp. light butter
4 cups finely chopped pears
2 tbsp. brown sugar (not packed)
1/2 tsp. cinnamon
1/4 tsp. salt
3 tbsp. sweetened dried cranberries, chopped
1/4 tsp. lemon juice
12 small square wonton wrappers

Directions

Preheat oven to 350 degrees. Spray a 12-cup muffin pan with nonstick spray.

Bring a large skillet to medium-high heat. Add butter and let it coat the bottom. Add pears, and sprinkle with brown sugar, cinnamon, and salt. Cook and stir until softened, about 8 minutes.

Transfer to a medium bowl to cool, and stir in chopped cranberries and lemon juice.

Place each wonton wrapper into a cup of the muffin pan, and press it into the bottom and sides. Lightly spray with nonstick spray. Bake until lightly browned, about 8 minutes.

Let cool completely, about 10 minutes.

Evenly distribute pear mixture among the wonton shells.

MAKES 12 SERVINGS

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