

Quick Poached Plums

You can also try this recipe by poaching peaches, pears, apples, apricots, or nectarines. The remaining liquid can be used as a sauce for ice cream and other desserts.

U.S.

6 medium	Plums, cut in half and pitted
4 cups (1 bottle)	Pinot Grigio, or any dry white wine
1/4 cup	Honey, or Sugar
1/2 tsp	Cinnamon, ground

To Serve:

2 cups	Yogurt, plain, low-fat
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Metric

6 medium
.95 l
85 g
2.4 g

454 g

Preparation:

1. Gather all ingredients and equipment.
2. Combine wine, honey, and cinnamon sticks in a medium saucepan and bring to a simmer.
3. Cut fruit in half, removing pit, but keeping stem intact (if available).
4. Add fruit to the pan, making sure they are covered in liquid, and poach until tender, about 20 minutes. Set aside to cool.
5. Remove plums and save poaching liquid. Boil liquid over high heat until it is the consistency of syrup, about another 15-20 minutes.
6. To serve, top 1/4 cup of yogurt with 1/2 of a piece of fruit and drizzle with 1 teaspoon of syrup. Enjoy!

****Nutrition Facts on Reverse**

Nutrition Facts	
Serving size	1/2 fruit
	1 tsp syrup
	1/4 cup yogurt
Servings	12
Calories	110
Calories from Fat	5
Total Fat	0.5 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	25 mg
Carbohydrates	12 g
Dietary Fiber	0.5 g
Sugars	9 g
Protein	2 g
Vitamin A	11 %
Calcium	0 %
Vitamin C	5 %
Iron	0 %
Phosphorus	0 mg
