Pear Cranberry Strudel

6 servings | serving size: 3-inch piece

When preparing this recipe, start with clean countertops and utensils. Wash hands with soap and water. Wash whole, fresh produce by gently rubbing pears under cold, running water. Prewashed, packaged items do not require further washing.

Ingredients
Non-stick cooking spray
3 medium or 2 large pears, peeled, cored, and chopped
2 graham cracker squares, crushed
¼ cup loosely packed dried cranberries
1 Tablespoon light brown sugar
2 teaspoons ground cinnamon, divided
1 teaspoon cornstarch
Eight 9” by 14” sheets phyllo dough
1 teaspoon granulated sugar

Directions
1. Preheat oven to 350°F. Spray a baking sheet with cooking spray.
2. Combine pears, graham crackers, cranberries, brown sugar, 1 teaspoon of cinnamon, and cornstarch in a medium bowl.
3. Working quickly to prevent the phyllo dough from drying, stack 2 sheets on the baking sheet. Spray lightly with cooking spray and top with 2 more sheets. Place half of the pear mixture along the long edge of the phyllo stack about 2 inches from the edge and each side. Fold the edges over the filling and gently roll up. Position seam-side down, spray lightly with cooking spray, and sprinkle with ½ teaspoon each cinnamon and granulated sugar.
4. Repeat with the remaining phyllo dough and filling.
5. Bake for 40 minutes or until the phyllo is light brown and very crisp. Cut each strudel into 3 pieces and serve immediately.

Calorie Density: 1.2 calories per gram