



Serves 4

Cook Time: 15 minutes

INGREDIENTS:

1/4 cup brown rice syrup

2 pears, peeled, cored, and diced

1 cup fresh or dried cranberries

1 teaspoon ground cinnamon

1 batch [Basic Polenta](#), kept warm

Polenta with Pears and Cranberries

This polenta recipe is one of my favorites! For this recipe use the ripest pears you can find on the market—Bosc, Asian, or D'anjou—and fresh cranberries when they are in season (usually from October through December).

Adapted From *Forks Over Knives - The Cookbook*

Find this recipe and more in the *Forks Over Knives Recipe App*.

By Del Sroufe

- 1 Heat the brown rice syrup in a medium saucepan. Add the pears, cranberries, and cinnamon and cook, stirring occasionally, until the pears are tender, about 10 minutes.
- 2 To serve, divide the polenta among 4 individual bowls and top with the pear compote.