

[www.KittysLighterWeigh.com](http://www.KittysLighterWeigh.com)

## Roasted Pears with Teriyaki Sauce

Has the taste and texture of a genuine comfort food!

### And ½ cup serving has:

Calories 50   Fat 0g   Fiber 2g   Carbs 12g

### What you'll need:

Pears – I usually cook 4 pears at a time when I make this so I have some leftovers

Butter flavored cooking spray

Lawry's Season Salt - I've tried them all and this really is the best one

Pepper

Garlic salt

Teriyaki Sauce

A grill (Optional)

Skewers (Optional)

Baking sheet

### *Let's get to cooking!*

If you have a grill (with skewers like you use for shish kabobs) then this is the way to go, BUT I live in the Los Angeles area and many out here live in condos and apartments with a restriction against grills. This dish is great either way, so I'll describe both.

#### OUTDOOR GRILL:

1. Cut your pears in half and then half those halves into quarters. Slice away the core and chop these quarters into chunks about ½ - 1 inch wide. (I leave the peel on)
2. Stack the chunks on the skewers and place on a medium/hot grill.

#### OVEN:

1. Preheat oven to 375
2. Prepare pears just as #1 and then place the chunks on a large baking sheet you have sprayed with cooking spray.

#### BOTH VERSIONS

3. Dust both the grilled version and the oven version with season salt, garlic salt and pepper and allow to cook for about 15 minutes. Then turn both versions, season again and cook again for 15 more minutes. They should both be getting crispy on the outside. If they have not then cook a tad longer.

Note: The grilled version should be ready after 30 minutes, so take the skewers off the grill and place on a baking sheet that has raised sides. This is important because you are going to drizzle Teriyaki sauce generously all over the pears. Slide the grilled pears off the skewers and drizzle away – then serve. My husband likes this dish so much he keeps a small bowl of Teriyaki sauce to the side of this plate to dip the pears in while eating.

As for the oven version, make sure you have some crispiness to the edges of the pears. You get this with a grill but not always with an oven, so you may need to pop them under the broiler for a couple of minutes. Not too long – you can burn them up. Once crispy, you can drizzle this version with Teriyaki sauce too.

My love for all things cooked on a grill inspired this **Kitty's Lighter Weigh** recipe!