

#QUARANTINE KITCHEN

Budget-Friendly Recipes
Using Canned & Dry Foods

Pocket Fruit Pies *(Makes 4 servings.)*

Ingredients

- 4 (8-in.) flour tortillas
- 2½ c. canned sliced pears, drained, chopped
- ¼ tsp. ground cinnamon
- 2 Tbsp. brown sugar or regular sugar
- ⅛ tsp. ground nutmeg (optional)
- 2 tablespoons milk

Directions:

1. Preheat oven to 350° F. Warm tortillas in microwave or oven to make them easier to handle.
2. In a small bowl, stir together sugar, cinnamon and nutmeg (if using). Sprinkle over chopped pears, tossing to coat.
3. Place ¼ of the pears on half of each tortilla.
4. Roll up the tortillas, starting at the end with the pears.
7. Place on an ungreased baking sheet and make small cuts to allow steam to escape. Brush with milk. Sprinkle sugar on top.
8. Bake in oven for 8 to 12 minutes or until lightly brown.

Nutrition info: Serving size: 1 pie, 280, Total Fat: 4 g, Saturated Fat: 1 g, Cholesterol: 0 mg, Sodium: 340 mg, Total Carbohydrate: 57 g, Dietary Fiber: 4 g, Sugars: 27 g, Protein: 5 g. *Recipe adapted from SNAP-ED Connection Recipe Finder.*

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