



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Plum-Pear Phyllo Bundles

Prep Time: 25 mins

Cook Time: 15 mins

Rest Time: 30 mins

Total Time: 40 mins

Ingredients

- ❖ 2 teaspoon butter
- ❖ 1 pear(s), coarsely chopped
- ❖ 1/2 cup(s) plum(s), coarsely chopped
- ❖ 1 tablespoon honey
- ❖ 1/2 teaspoon cardamom, ground
- ❖ 2 tablespoon nuts, pistachio, coarsely chopped
- ❖ 6 sheet(s) phyllo dough
- ❖ cooking spray



Preparation

1. In a medium nonstick skillet, melt butter over medium heat. Add pear, plums, honey, and cardamom or ginger; cook and stir about 5 minutes or until fruit begins to soften. Remove from heat; let stand about 30 minutes or until cooled to room temperature. Stir in pistachio nuts.
2. Preheat oven to 375°F. Line a baking sheet with foil; set aside. Unfold phyllo dough; remove 1 sheet of the phyllo dough. (As you work, cover the remaining phyllo dough with plastic wrap to prevent it from drying out.) Lightly coat the phyllo sheet with nonstick cooking spray. Place a second sheet of phyllo dough on top of the first; lightly coat with nonstick cooking spray. Top stack with a third sheet of phyllo dough and lightly coat with nonstick cooking spray. Cut phyllo stack in half crosswise to form two 9x7-inch rectangles. Repeat with remaining phyllo dough.
3. Divide fruit mixture among phyllo rectangles, placing fruit in center of each rectangle. For each bundle, bring the 4 corners of a phyllo rectangle together; pinch gently and twist slightly to make a bundle. Place on prepared baking sheet. Lightly coat the tops of bundles with nonstick cooking spray.
4. Bake for 15 to 20 minutes or until golden brown. Transfer to a wire rack; cool slightly. Serve warm or cooled to room temperature.