

Recipe of the Week

Pear and Walnut Upside Down Cake

Make a boxed cake mix extraordinary with the addition of caramel and fruit. Be sure to have on hand the ingredients needed to prepare the cake mix according to the package directions.

Serves 8

Ingredients

2 tablespoons heavy cream
1/4 cup brown sugar
1 tablespoon butter
1 pear, cored and cut into 1/2-inch thick slices
1/4 cup chopped walnuts
1 (17-ounce) box all-natural yellow cake mix,
plus the ingredients required to make the batter



Method

Preheat oven to 350°F. Generously grease a 9-inch round cake pan. Cut a piece of parchment paper to fit the bottom of the pan then use it to line the pan; set aside. In a small bowl, stir together heavy cream and sugar until combined. Spread mixture evenly over bottom of pan; set aside.

Melt butter in a large skillet over medium high heat. Arrange pears in skillet in a single layer and cook, flipping once, until edges are deep golden brown, 2 to 3 minutes per side. Remove from heat and set pears aside to let cool slightly. Arrange pears in the bottom of the pan in a decorative pattern then sprinkle with walnuts.

In a medium bowl, prepare cake mix according to package directions. Pour batter over pears and smooth out with the back of a spoon. Bake until a toothpick inserted into the center comes out clean, 40 to 45 minutes. Transfer pan to rack to let cool then run a knife around edge of cake to release it from pan. Invert cake onto a plate, remove and discard parchment paper, cut cake into slices and serve.

Nutrition

Per serving (1 piece/97g-wt.): 430 calories (180 from fat), 20g total fat, 11g saturated fat, 115mg cholesterol, 290mg sodium, 63g total carbohydrate (1g dietary fiber, 39g sugar), 7g protein <http://www.wholefoodsmarket.com/recipes/2357>



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