

# Seasonal Fruit Compote with Spiced Nuts

**Yield: 4 servings**

## Ingredients

### Fruit Compote:

2 tablespoons extra virgin olive oil  
1 diced apple  
1 peeled and diced pear  
¼ peeled and diced pineapple  
2 tablespoons maple syrup  
2 tablespoons dried apricots, diced  
2 tablespoons dried, sweetened cranberries  
1 teaspoon cinnamon

### Spiced Nuts:

2 tablespoons maple syrup  
1 tablespoon water  
2 tablespoons pecans  
2 tablespoons walnuts

2 tablespoons sliced almonds  
¼ teaspoon nutmeg  
1 tablespoon pine nuts

### Garnish:

4 fresh mint sprigs

## Instructions

1. Heat oven to 325 degrees and line a baking sheet with parchment paper.
2. In a large skillet, warm the olive oil. Add apple, pear, and pineapple and saute over low heat, stirring often.
3. Add the maple syrup and bring to a simmer. Reduce for 1 to 2 minutes.
4. When the fruit starts to get soft, add the apricots, cranberries, and cinnamon. Remove from heat and set aside.
5. To make the spiced nuts, mix the maple syrup with the water. Drizzle over the pecans, walnuts, and almonds. Add nutmeg.

## Nutrition Information

**Serving Size:** 1 serving  
Calories: 280  
Total Fat: 14.7 g  
Saturated Fat: 1.7 g  
Sodium: 3.4 mg  
Total Carbohydrate: 39.8 g  
Dietary Fiber: 4.7 g  
Sugars: 32.1 g  
Protein: 2.4 g

6. Spread nuts out on the baking sheet in a single layer. Roast nuts in oven for 10 minutes.
7. Add pine nuts and roast for 5 more minutes.
8. To assemble, spoon compote into a bowl and top with nut mix and mint sprig.

Source: Harvard T.H. Chan of Public Health

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