Dinner Tonight!

Hot Fruit Compote

(Great for using over ice cream, cake or just by itself.)

1 16 ounce can pineapple chunks
1 8 ounce can mandarin oranges
1 16 ounce can sliced peaches
1 small jar Maraschino cherries, rinsed and drained
2 teaspoons cinnamon

Drain juice from all canned fruits, then combine, stirring gently to blend. Stir in cherries; add cinnamon. Stir gently. Heat over moderate heat for approximately 10 to 15 minutes. Do not boil. Serve warm.

You may mix ahead of time to let the cinnamon season the fruits. Double or triple recipe as desired.

Preparation Time: 0 minutes
Cook Time: 15 minutes
Yield: 1/3 cup per serving

Calories: 47
Total Fat: .1 g
Cholesterol: 0 mg
Sodium: 18 mg
Total Carbohydrate: 12 g
Protein: .4 g