

# Pears



Pears are a very good source of dietary fiber and a good source of copper, vitamin C, and vitamin K.

Pears are a member of the rose family of plants, which, in addition to roses, contains a long list of fruits including apples, apricots, cherries, chokeberry, crabapples, loquats, peaches, plums, quinces, raspberries, serviceberries, and strawberries as well as the tree nut, almonds.

## **Pear Grilled Cheese**

Serves 1    Prep Time: 10 minutes

Cook Time: 10 minutes

### **Ingredients**

2 tablespoons unsalted butter

2 tablespoons currant or fig jam (or any jam that is not too tart)

2 slices white or wheat sandwich bread

2 slices Cheddar cheese

2 slices cooked turkey bacon (optional)

1/4 small pear, thinly sliced

### **Directions**

1. Melt the butter in a small skillet over medium-low heat. Spread the jam on 1 slice of the bread and form a sandwich with the cheese, bacon, and pear.

2. Cook the sandwich, covered, until the bread is toasted and the cheese is melted, 2 to 3 minutes per side.