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.