



Roasted Chilean Pears with Goat Cheese and Pancetta

INGREDIENTS

3 pears, cut into halves and cored
2 oz. goat cheese, crumbled
2 oz. pancetta, julienned
3 Tbsp. olive oil
2 Tbsp. balsamic vinegar
1 Tbsp. fresh mint, julienned

INSTRUCTIONS

Preheat oven to 400°F. Arrange pears on a baking sheet. Sprinkle evenly with cheese, prosciutto, olive oil and vinegar. Roast in oven for 20 to 30 minutes or until pears are tender yet firm when pierced with a knife. Top with mint.

Serve warm or room temperature as an appetizer or on a bed of dressed greens as a salad.

SERVES 6

NUTRIENTS PER SERVING

155 calories, 90 calories from fat, 10gms fat, 3gms saturated fat, 11 mgs cholesterol, 148 mg sodium, 3 gm fiber, 4gms protein



Recipe from the Chilean Fresh Fruit Association