UCI Susan Samueli Integrative Health Institute



Culinary Health

Webinar Series Recipes

Gruyere and Pear Bites

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Makes 12 bites

- 5 sheets of phyllo dough, thawed
- 3 tablespoons melted butter or neutral oil
- 3 oz gruyere, shredded
- 1 ripe pear, like bosc or D'anjou, cut into small dice
- 3 tablespoons finely chopped walnuts
- 1 teaspoon fresh thyme, chopped
- 2 tablespoons honey or more to taste

1. Preheat your oven to 375 degrees.

- 2. Gently take one sheet of phyllo, brush it with the oil or butter, then stack it with another sheet, and repeat until you have used all the sheets.
- 3. Cut the phyllo into 12 equal pieces, and then gently place them in a greased mini muffin tin. Bake for 8 minutes, then remove from oven.
- 4. Turn the oven up to 400 degrees.
- 5. Fill each phyllo cup with cheese, pear, walnuts, thyme and a little honey. Bake for 8-10 minutes or until the tarts are golden and the cheese is melted. Serve warm or at room temperature.

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