



From the Kitchen of Executive Chef Jessica VanRoo

Pear and Gruyère Bites

Serves 6, two per person

231 calories per serving

Description

Bartlett, Bosc and d'Anjou may be the most popular pears but there are more than 3,000 varieties grown around the world.

Pears are a powerhouse fruit, packed with 6 grams of fiber or about 21% of your daily fiber needs. They are also rich in pectin — a type of soluble fiber — that is not only filling but also is associated with reduced constipation, improved gut health and immune function.

In addition, pears are a rich source of flavonoids, which are powerful antioxidants, as well as copper and vitamins C and K, which help ease inflammation and may decrease your risk of heart disease and diabetes. Be sure to eat the peel, which harbors many of this fruit's most beneficial compounds.

Gruyère is a pale yellow, aged Swiss cheese that pairs beautifully with this delicious fruit. Made from cow's milk, it contains 8.5 grams of protein and all the essential amino acids in a single one ounce serving and is a great source of calcium to promote strong bones. However, a little goes a long way because most of its calories come from fat, more than half in the form of saturated fat. The American Heart Association recommends limiting saturated fats to 6% of your daily calorie intake because they may increase low-density lipoprotein (LDL) cholesterol levels associated with heart disease.

This recipe mixes in the savory crunch of walnuts, which are rich in antioxidants and healthy fats that can lower LDL cholesterol, reduce inflammation and improve blood vessel function for better heart health.

Total cost: \$3.23/\$0.27 per serving

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Ingredients

- 5 sheets phyllo dough, thawed
- 3 tablespoons melted butter or neutral oil
- 3 oz Gruyère cheese, shredded
- 1 ripe pear, diced small (Bosc or d'Anjou)
- 3 tablespoons walnuts, finely chopped
- 1 teaspoon fresh thyme, chopped
- 2 tablespoons honey, more to taste

Instructions

1. Preheat oven to 375 degrees.
2. Gently brush one sheet of phyllo with oil or butter, then top with another sheet and brush with the oil or butter, repeating until all sheets are stacked.
3. Cut phyllo into 12 equal pieces then gently set them in a greased mini-muffin tin.
4. Bake 8 minutes, remove from oven and raise temperature to 400 degrees.
5. Fill each phyllo cup with shredded cheese, diced pear, walnut nuggets and thyme, then top with a drizzle of honey.
6. Bake 8-10 minutes or until cheese is melted and tarts are golden.
7. Serve warm or at room temperature.