UCI Susan Samueli Integrative Health Institute



From the Kitchen of Executive Chef Jessica VanRoo

Pear Gorgonzola Endive Boat

Ingredients

- 1 tablespoon olive oil
- 1½ cups finely chopped red Bartlett or Anjou pear
- 1 teaspoon fresh thyme leaves, chopped
- 1 tablespoon date syrup or maple syrup
- 1/8 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 2 ounces Gorgonzola cheese, crumbled
- 16 Belgian endive leaves (2 heads)
- ¼ cup chopped walnuts, toasted

Instructions

 Heat a medium skillet over medium heat. Add oil to pan; swirl to coat. Add pear; cook for 2 minutes or until softened, stirring occasionally. Remove from heat; stir in honey. Cool for 3 minutes; stir in salt, pepper, and cheese. Spoon about 2 teaspoons of pear mixture into each leaf. Sprinkle with walnuts.

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