



Elliott Evans Nutrition, LLC
Prevent and Protect
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ROASTED PEARS WITH BRIE & PISTACHIOS

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Makes 4 Servings

- 2 tablespoons honey mustard
 - 1 tablespoon extra-virgin olive oil
 - 1 tablespoon lemon juice
 - ¼ teaspoon salt
 - ½ teaspoon freshly ground pepper
 - 2 ripe pears, preferably Bosc
 - 2 ounces Brie cheese, cut into 4 slices
 - 4 teaspoons chopped pistachios, toasted
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- Preheat oven to 425 F. Coat an 8-inch square (or similar-size) metal baking pan with cooking spray.
 - Whisk mustard, oil, lemon juice, salt and pepper in a small bowl.
 - Cut pears in half lengthwise, hollow out the core and slice a small piece off the other side so they will lie flat when served. Brush them with the mustard glaze and place cored-side down in the prepared pan.
 - Bake the pears for 30 minutes, basting half-way through with the glaze. Gently turn them over, baste again and place a piece of Brie in the hollow of each pear.
 - Bake until the pears are tender and the Brie is slightly softened, 3-5 minutes. Sprinkle each pear half with 1 teaspoon pistachios.