

Roasted Pears with Brie & Pistachios ew

Roasted pears with Brie and pistachios is delicious as a first course or a side with roast pork or lamb. Leave the stems on for the prettiest presentation.

4 servings | **Active Time:** 10 minutes | **Total Time:** 45 minutes

Ingredients

- 2 tablespoons honey mustard
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon lemon juice
- 1/4 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 2 ripe pears, preferably Bosc
- 2 ounces Brie cheese, cut into 4 slices
- 4 teaspoons chopped pistachios, toasted (see Tip)

Preparation

1. Preheat oven to 425°F. Coat an 8-inch-square (or similar-size) metal baking pan with cooking spray.
2. Whisk mustard, oil, lemon juice, salt and pepper in a small bowl.
3. 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 all over with the mustard glaze and place cored-side down in the prepared pan.
4. Bake the pears for 30 minutes, basting halfway 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 to 5 minutes. Sprinkle each pear half with 1 teaspoon pistachios.



Nutrition

Per serving :160 Calories; 9 g Fat; 3 g Sat; 4 g Mono; 14 mg Cholesterol; 18 g Carbohydrates; 4 g Protein; 3 g Fiber; 299 mg Sodium; 164 mg Potassium

Tips & Notes

- **Tip:** To toast seeds and chopped, small or sliced nuts (pages 30, 40, 63), cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.