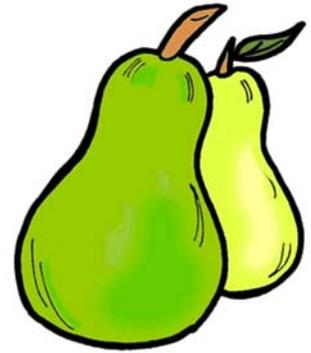


Pears in Season!

Roquefort Pear Salad

1 head leaf lettuce, torn into bite-size pieces
3 pears, peeled, cored and chopped
5 ounces Roquefort cheese, crumbled
1 avocado, peeled, pitted, and diced
½ cup thinly sliced green onions
¼ cup sugar
½ cup pecans

Dressing:
1/3 cup olive oil
3 tablespoons red wine vinegar
1 ½ teaspoons sugar
1 ½ teaspoons prepared mustard
1 clove garlic, chopped
½ teaspoon salt
Black pepper to taste



In a skillet over medium heat, stir ¼ cup of sugar together with the pecans. Continue stirring gently until sugar has melted and caramelized the pecans. Carefully transfer nuts onto waxed paper. Allow to cool, and break into pieces. For the dressing, blend oil, vinegar, 1 ½ teaspoons sugar, mustard, chopped garlic, salt, and pepper. In a large serving bowl, layer lettuce, pears, blue cheese, avocado, and green onions. Pour dressing over salad, sprinkle with pecans, and serve.

Pear and Gorgonzola Cheese Pizza

1 (16 ounce) package refrigerated pizza crust dough
4 ounces sliced provolone cheese
1 Bosc pear, thinly sliced
2 ounces chopped walnuts
2 ½ ounces Gorgonzola cheese, crumbled
2 tablespoons chopped fresh chives

Preheat oven to 450°F. Place pizza crust dough on a medium baking sheet. Layer with Provolone cheese, Top cheese with pear slices. Sprinkle with walnuts and Gorgonzola cheese. Bake in preheated oven 8-10 minutes, or until cheese is melted and crust is lightly browned. Remove from heat. Top with chives and sliced to serve. Makes 8 servings.

Poached Pears with Orange Juice

4 firm ripe pears
½ cup sugar
1/3 cup orange juice
¼ cup water
1 to 2 teaspoons grated orange zest

Peel pears then cut in halves or quarters and cut out cores. In a saucepan, heat the sugar, orange juice, and water over medium heat. Add the pears and bring to a simmer. Reduce heat to low, cover, and continue simmering for 15 minutes, or until the pears are tender. Remove the pears and add the orange zest. Simmer the syrup for 5 minutes longer, then combine the pears and syrup and chill thoroughly. Serves 6.

Easy Pear Cobbler

2 to 2 ½ cups sliced fresh pears	1 teaspoon cinnamon
2 cups sugar, divided	¼ teaspoon salt
4 ounces butter	¾ cup milk
¾ cup flour	1 egg
2 teaspoons baking powder	

Mix pears with 1 cup sugar and let stand. Put butter in 2-quart casserole and place in 325° oven until melted. Combine all dry ingredients, including the remaining 1 cup of sugar. Mix well. Whisk together the milk and egg; slowly combine with dry ingredients to make a batter. Pour over melted butter. Do not stir. Spoon pears over the batter. Do not stir. Bake at 325° for 50 to 60 minutes, or until nicely browned and pears are tender. Serve hot or cold with ice cream or whipped cream.

Pear Preserves

Prepare fruit, cutting into uniform pieces. Use 1 pound of prepared fruit to ¾ pound sugar. Combine sugar with enough water to make a thin syrup. Add 1 lemon, thinly sliced, to fruit mixture if desired. Heat the fruit mixture to boiling, stirring gently. Boil rapidly, stirring as needed to prevent sticking. Cook until the syrup is thick, which will take time depending on the variety of the pears. Remove preserves from heat and skim. Pour into hot jars; adjust lids and process in boiling waterbath for 5 minutes.

Reduced-Sugar Pear Strudel

- 1 ½ pounds pears
- 1 teaspoon grated lemon zest
- 2 teaspoons fresh lemon juice
- 2 tablespoons one-to-one sugar substitute
- 1 sheet frozen puff pastry, thawed
- 2 tablespoons slivered almonds, toasted
- ½ teaspoon sugar
- ½ teaspoon cinnamon

Preheat oven to 425°F. Use nonstick cookie sheet, spray lightly or cover with parchment paper. Peel, core and thinly slice pears. Lightly coat a nonstick pan with butter flavored cooking spray. (I just used butter). Add the pears and sauté for 2 minutes. Stir in the zest, juice and sugar substitute. Cook until the pears are just cooked through. Set aside.

On a floured surface, roll the puff pastry to make a 12 ½ X 10 ½-inch rectangle. Sprinkle almonds on the pastry. Drain pears and place down middle third (long way) of the puff pastry to within ½ inch of the top and bottom edge. Spray the edges of the pastry and fold each 1/3 side over fruit. I brushed on butter. Place seam side down on cookie sheet. Make slashes every 2 inches. Mix sugar and cinnamon and sprinkle on top. Coat with butter flavored cooking spray. If you use melted butter, put on before cinnamon/sugar. Bake 25-30 minutes until puffed and brown. Allow to cool to room temperature then cut into 8 pieces. Can serve with sugar free ice cream or whipped cream. Makes 8 servings.