



Baked Pears with Berries, Honey, Walnuts and Blue Cheese



Ingredients:

- 3 ripe pears (Bosc or Bartlett), halved and cored
- 2 TBLS butter, melted
- 2 TBLS honey
- ½ cup fresh mixed berries (blueberries, raspberries, or cranberries)
- ¼ cup chopped walnuts (lightly toasted)
- ¼ cup crumbled blue cheese or gorgonzola
- ½ tsp cinnamon
- Fresh thyme leaves (optional, for garnish)

Method:

1. Preheat oven to 375°F. Line a small baking dish with parchment or grease lightly.
2. Halve the pears lengthwise and scoop out the cores. Trim the bottoms slightly so they sit flat.
3. Brush the cut side of the pears with melted butter and place in the dish, cut side up.
4. Fill the cavities with berries, walnuts, and crumbled blue cheese.
5. Drizzle honey over the top and sprinkle with cinnamon.
6. Bake for 25–30 minutes, or until pears are tender and golden.
7. Remove from oven, garnish with fresh thyme if using, and serve warm with pan juices spooned over top.

Notes:

- Use Bosc or Bartlett pears that are ripe but still firm.
- For a nut-free version, use pumpkin seeds or sunflower seeds.
- Goat cheese or feta can replace blue cheese for a milder flavor.
- Store leftovers in an airtight container in the fridge for up to 3 days.
- Reheat gently in the oven at 325°F for 10 minutes before serving.