

Baked Bosc Pears with Hazelnuts, Cinnamon, & Nutmeg

I saw newly picked bosc pears in the grocery store this week and was eager to try this recipe. Bosc pears are at their peak in late September and October, although you can find them in stores nearly year-round. This dish is simple-to-prepare, nutrient and fiber-packed, and delicious.

Serves: Two

Prep Time: 10 Minutes

Baking Time: 30-35 Minutes

Ingredients:

2 medium bosc pears, sliced in half lengthwise and scoop out the seeds

¼ teaspoon ground cinnamon

¼ teaspoon ground nutmeg

3 tablespoons chopped hazelnuts

1 small pinch salt

2 teaspoons honey

½ cup plain, organic yogurt

Directions:

Preheat the oven to 375° (F), or 350° with convection.

Place the pears on a baking pan; if needed, cut a slice off the rounded side of the pears so that they will lay flat on the pan.

Top halved pears with 2 tablespoons of chopped hazelnuts. Next, sprinkle 2/3 of the cinnamon and nutmeg. Drizzle honey over each halved pear as well.

Bake in the oven on the middle rack for 30-35 minutes, until pears have softened and are tender. Remove from the oven, allow a few minutes to cool, then serve with a dollop of yogurt on the side, garnish the yogurt with the remaining 1/3 of the cinnamon, nutmeg, and a small drizzle of honey, plus remaining chopped hazelnuts.

Enjoy,

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