
PEARS WITH BLUE CHEESE & PROSCIUTTO

Serves 8

2	Pears (such as Bosc or Bartlett), each cut into 8 wedges
2 teaspoons	Lemon juice, fresh
2 cup	Arugula
3 ounces	Blue cheese, cut into small pieces
6 ounces	Prosciutto, thinly sliced cut in half lengthwise

- In a large bowl, toss the pears and lemon juice.
- Layer a slice of pear, an arugula leaf, and a piece of cheese on a piece of prosciutto and roll up.
- Tip: are pears out of season? Prosciutto and blue cheese deliciously complement many fruits, including juicy peaches, cantaloupe and honeydew melons.

Per serving:

114 Calories

6 grams Fat

8 grams Total Carbohydrate

25 mg Cholesterol

7 grams of Protein

406 mg sodium