

Pear PB&J Bouquet

Beautiful, nutritious, and delicious, this open-faced sandwich is worth the effort.

Makes: 8 servings

Ingredients

- 8 slices whole grain wheat bread
- 1 medium pear
- 8 teaspoons peanut butter
- 4 teaspoons strawberry preserves

Directions

1. Use a flower-shaped cookie cutter to cut each slice of bread. If the bread sticks to cookie cutter, gently push the petals out with your fingers.
2. Cut the pear in half and remove the core. Cut each pear half into four slices, then cut each slice into five pieces. You will only use the center three pieces of each slice (so go ahead and eat the end pieces).
3. Spread 1 teaspoon of peanut butter in a circle in the center of each flower. Place 3 pieces of pear on the peanut butter on each flower. Arrange the pears so the skin-side is facing out, and the white centers are touching in the middle.
4. Drizzle $\frac{1}{2}$ teaspoon of strawberry preserves in the center of each flower and over the pears.

Recipe from: *The Pear Dish*, USA Pears, adapted by the USDA Food and Nutrition Administration.



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