Pears For Breakfast: A Delicious Idea

(NAPSA)—Perk up your breakfast with healthy, versatile pears. They provide important nutrients and pair well with everything from Greek yogurt to waffles. You can add them to smoothies, slice them over cereal or oatmeal, or bake them in a brunch dish. You can even sauté pears and enjoy them with French toast or pancakes.

Eating pears with breakfast is an easy way for families to fill up on nutrition: Pears are a good source of vitamin C and an excellent source of fiber. "The fiber found in pears will help you feel full for longer and stave off that mid-morning lull. If you need to power through to lunch, add brawn to your breakfast by balancing pears with protein," says nutrition expert Amy Kweller, M.S., R.D.

This delicious Pear and Bacon Grilled Cheese Sandwich is a flavorful breakfast for families on the go. Wrap the sandwich in foil and send it on the school bus as your children are racing out the door.

This delicious pear and bacon grilled cheese sandwich works well for families on the go.

Breakfast Pear and Bacon Grilled Cheese Sandwich

- 4 slices sourdough, whole wheat or white bread
- 4 slices of cheddar cheese
- 1 firm but ripe Bartlett, Anjou or Bosc USA Pear, peeled, halved lengthwise, cored and cut into 4 thick slices
- 4 slices cooked bacon
- 2 tablespoons butter, softened

Place 2 slices of bread on a work surface and top each slice with a piece of the cheese. Arrange 2 slices of pear on top of each piece of cheese. Add 2 slices of bacon, and then top with another piece of cheese. Place a slice of bread on top and butter the top slices of bread with half of the butter.

Preheat a griddle or large skillet. Place the sandwiches buttered-side down on the hot griddle or pan. Butter the topside of the sandwiches. Grill until nicely browned on one side and then flip and brown the other side. Cut each sandwich in half and serve immediately.

Yield: Makes 2 sandwiches.

For more tasty breakfast recipes, visit www.usapears.org.