

Ham and Pear Toast



Ingredients:

- 2 slices wheat bread
- 2 teaspoons Dijon mustard
- 2 slices prosciutto or thinly sliced ham (may omit to have a vegetarian toast)
- 1/4 cup arugula or spinach
- 4-6 thin slices of firm pear (Bosc, Green Anjou or Concorde work best)
- 2 slices cheese (brie, gouda, sharp cheddar, Blue cheese)
- Non-stick cooking spray

Directions:

1. Heat broiler to low. Spray a cooking sheet with non-stick cooking spray.
2. Place bread onto the baking sheet. Spread one teaspoon of mustard onto each slice of bread.
3. Top the mustard with the prosciutto or ham. Place half of the arugula or spinach onto the ham.
4. Top the arugula or spinach with enough pear slices to cover the arugula or spinach. Place the cheese on top.
5. Place under the broiler until the cheese starts to melt and turn golden brown, 3-5 minutes.
6. Remove from the oven and allow to cool before serving.

Makes 1 serving.



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