

# Griddled Pear and Brie Sandwich

## Directions

1. Butter one side of each slice of bread.
2. On the unbuttered side of one slice of bread, layer sliced Brie, 4 oz sliced pears, crushed walnuts, and arugula. Place the second slice of bread on top, buttered side out.
3. Place assembled sandwich on a griddle or pan and griddle both sides until brown. Finish in oven to fully melt the Brie.
4. **OPTIONAL SIDE SALAD:** Toss any remaining pear slices, fennel, carrot, mint, orange juice, olive oil, and a pinch of salt. Serve on the side of the sandwich

Serves 1

Recipe Courtesy of UC Davis Health

## Ingredients

- 2 slices sourdough bread
- 1 tsp butter, softened
- 1 medium pear, thinly sliced
- 2 oz Brie cheese, thinly sliced
- ¼ oz arugula
- ¼ oz walnuts, crushed
- 1 oz fennel, shaved on mandolin
- ½ oz carrot, shaved on mandolin
- ⅛ oz mint, minced
- 1 Tbsp orange juice
- 2 tsp olive oil
- salt to taste

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The PEARS featured in our summer menu are sourced from Stillwater Orchards in Courtland, CA located 24 miles from UC Davis Medical Center.



# Nutrition

Pears are an excellent source of fiber and antioxidants. The Dietary Guidelines for Americans, 2020-2025 recommends a healthy dietary pattern that includes 2 cups a day of fruits such as pears for most adults.

## Farm to Hospital

Stillwater Orchards has been growing pears in the Sacramento River Delta since 1860. Today, in addition to several varieties of pears, Stillwater also grows cherries and kiwifruit.

### For 1 medium pear:

- Calories: 100
- Fat: 0 g
- Fiber: 6 g
- Carbohydrates: 25 g
- Protein: 1 g
- Potassium: 4%
- Vitamin C: 8%

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This recipe card was funded by a USDA Specialty Crop Block Grant awarded to the UC Davis Center for Precision Medicine & Data Sciences with the UC Davis Health Department of Food and Nutrition Services. Funding for Expanding Opportunities in Hospital Food Service for Small and Mid-Scale California Specialty Crop Growers was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM200100XXXXG032. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.