



FarmFresh

Recipes

September 2012

Available Now...

Pears

Pears have been cultivated for nearly four thousand years.



Fun Facts

Choose pears that are firm and plump. Avoid those with damaged skin, soft spots or dull color.

Pears are fat free, sodium free, an excellent source of fiber and a good source of Vitamin C.

Fresh Inspirations...



Colorado Pear and Chicken Flatbread

Ingredients

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| 1 Naan Flatbread | 2 Fresh Colorado Pears, peeled, seeded and diced |
| 1/4 Tsp. Fresh Garlic, chopped | 5 Grape Tomatoes, cut in half |
| 4 Tbsp. Olive Oil | 1 Cup Grilled Chicken, cooled and diced |
| 1/4 Tsp. Herbs de Provence, dried | 1/4 Cup Italian Blend Cheese |
| | 1/4 Cup Smoked Blue Cheese |

Directions

Preheat outdoor grill to 350 degrees. Mix the garlic, oil and Herbs de Provence together. Spread mixture on the flatbread. Top with pears, tomatoes, chicken and cheese. Cook on grill until cheese is melted and flatbread is toasted.

Provided by Chef Jason K. Morse, CEC, Executive Chef, Douglas County School District

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoagriculture.com for a complete list of recipes.

Next Month... Colorado Pork