

Cheesy Pear Oven Pancake

Breakfast/Brunch September - 2014



This oven-baked pancake boasts a super-special cheesy pear flavor and makes a delicious breakfast or brunch.

Prep Time:10 Min

Start to Finish:30 Min

Makes:4 servings

INGREDIENTS

- 1 cup all-purpose flour
- 1 cup fat-free (skim) milk
- 1/4 teaspoon salt
- 6 eggs or 1 1/2 cups fat-free, cholesterol-free egg product
- 1 tablespoon butter or margarine
- 3 medium unpeeled pears, seeded and thinly sliced (3 cups)
- 2 tablespoons chopped fresh or 2 teaspoons freeze-dried chives
- 2 tablespoons sugar
- 1/2 cup shredded reduced-fat sharp Cheddar cheese (2 ounces)

DIRECTIONS

1. Heat oven to 450°. Grease bottom and sides of rectangular baking dish, 13x9x2 inches, with shortening. Mix flour, milk, salt and eggs with wire whisk until smooth. Pour into baking dish. Bake 15 to 18 minutes or until puffy and golden brown.
2. While pancake is baking, melt butter in 10-inch nonstick skillet over medium-high heat. Cook pears and chives in butter about 5 minutes, stirring frequently, until pears are slightly softened. Stir in sugar.
3. Spoon pear mixture onto pancake. Sprinkle with cheese. Bake about 1 minute or until cheese is melted.

Recipe Provides: Dairy 1/2c, Fats & Oils 1tsp, Fruits 1/4c, Grains 2oz-equivalents, Meat & Beans 2oz-equivalents

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	320	Calories from Fat:	40
Total Fat:	4 1/2 g	Saturated Fat:	2 1/2 g	Trans fat :	0 g
Cholesterol:	10 mg	Sodium:	500 mg	Total Carbohydrate:	51 g
Dietary Fiber:	5 g	Sugars:	21 g	Protein:	18 g



This recipe is adapted from WWW.eatbetterearly.com