



# TIP OFF YOUR WATCH PARTY

With Thu Huynh, RD from Giant Food  
March 8th at 4:00 pm EST

In partnership with:



## SHOPPING LIST

### Produce

- 5 red or green Anjou pears
- 1-1/4 pound California walnuts
- Small red onion
- Arugula

### Refrigerated Section

- 12-oz. pizza dough (or naan flatbread from Bakery department)
- 2 oz. crumbled gorgonzola cheese

### Have at Home

- Walnut or olive oil
- Balsamic vinegar
- Brown sugar or coconut sugar

## WALNUT BUTTER BOARD WITH PEARS

### INGREDIENTS

- 1 pound California walnuts
- 4 tsp. walnut or olive oil
- 4 green or red Anjou pear
- Optional, to taste: honey, cinnamon

### INSTRUCTIONS

1. Grind one pound of California walnuts with 1 tsp. salt for 3-4 minutes, until sticky.
2. Slowly add 4 tsp. walnut or olive oil. Spread artfully on a cutting or decorative board.
3. Cut 4 green or red Anjou pears into wedges and arrange on board to use as dippers.
4. Garnish with walnut halves.

## PEAR & WALNUT FLATBREAD WITH GORGONZOLA, ARUGULA & BALSAMIC GLAZE

### INGREDIENTS

#### Pear Flatbread

- 12oz pizza dough or naan flatbread
- 1 small red onion, sliced
- 1 medium pear, thinly sliced
- 1/4 cup crumbled gorgonzola
- 1/4 cup chopped walnuts
- Arugula

#### Balsamic Glaze

- 1 cup balsamic vinegar
- 1/4 cup brown sugar or coconut sugar

### INSTRUCTIONS

1. Prepare dough as needed if making homemade. Preheat oven to 400°F and line baking pan with parchment paper. Pre-bake rolled out dough for 10 minutes if using homemade.
2. Start making the balsamic glaze: In a small saucepan bring vinegar and sugar to a boil; reduce to simmer and stir frequently until mixture has reduced by half. Mixture is done when glaze coats back of spoon. Remove from heat and let cool before storing in jar.
3. Meanwhile, heat medium skillet over medium heat and add oil to pan once hot. Add thinly sliced onions, stirring frequently until translucent and fragrant. Add thinly sliced pears to soften just slightly – about 2 minutes.
4. Place onions and pear slices on flatbread, add crumbled gorgonzola and chopped walnuts. Bake pizza at 400°F for 10 minutes. Top with arugula and finish with balsamic glaze.

Recipe courtesy of USA Pears, developed by Fit Mitten Kitchen