

Pear & Bacon Flatbread

6 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

6 6-1/2-inch individual, parbaked whole grain pizza crusts
Butter-flavored pan spray
3 cups fresh spinach, arugula or a combination
1-1/2 cups low-fat mozzarella cheese, grated
1-1/2 cups Pacific Northwest Canned Pears, diced, in juice, drained
12 slices turkey bacon, cooked and crumbled

Servings

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Nutrition

<i>Calories</i>	335.10
<i>Fat</i>	14.35g
<i>Saturated Fat</i>	3.60g
<i>Cholesterol</i>	38.77mg
<i>Sodium</i>	915.81mg
<i>Carbohydrate</i>	42.37g
<i>Dietary Fiber</i>	6.38g
<i>Sugar</i>	8.68g
<i>Protein</i>	15.40g
<i>Vitamin A</i>	1598.65IU
<i>Vitamin C</i>	4.37mg
<i>Calcium</i>	199.72mg
<i>Iron</i>	1.06mg

Method

Preheat the oven to 350 degrees F.

Arrange the crusts on a baking sheet lined with parchment paper and lightly coat with butter-flavored baking spray. Evenly distribute the ingredients over each crust in the order given: 1/2 cup greens, 1/4 cup cheese, 1/4 cup pears and 2 slices of turkey bacon, crumbled.

Bake the flatbreads until the crusts are golden brown, 10 to 15 minutes.

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