

## LOW FAT STILTON PEARS (V)

Low Fat Stilton Pears sounds like a contradiction as we all know that Stilton is a high-fat cheese but in this really tasty starter or light lunch recipe, the combination of sweet ripe pears, low-fat soft cheese, and Greek yogurt mixed with a little Stilton, is surprisingly delicious.

Serves 4

Per serving: 175 kcal/5g fat

Preparation time: 15 minutes

## INGREDIENTS

4 ripe Conference pears  
4fl oz cider or apple juice or use juice of 2 lemons  
50g Stilton cheese  
50g low-fat soft cheese  
1 tbsp 0% fat Greek yogurt  
1 Little Gem lettuce

## METHOD

1. Peel the pears and slice in half lengthways, then carefully remove the core with the tip of a teaspoon. Dip the pears in the cider/apple or lemon juice to prevent them from discolouring, and set aside.
2. Meanwhile, mix the Stilton, low-fat soft cheese and yogurt together in a small bowl until fairly smooth.
3. Now fill the cavities in each of the pear halves with a teaspoon of the cheese mixture and place them on lettuce leaves on serving plates.
4. Keep chilled until ready to serve. Serve with a dessert knife and fork.

