

# CHEF & CHILD FOUNDATION RECIPE COLLECTION

## BRIE AND PEARS

ACF Triad Chapter North Carolina

**SERVINGS  
PER RECIPE: 4**



### ORIGINAL RECIPE

#### Ingredients:

- 8 ounces brie
- 3 ounces butter, softened
- 1 each French baguette, sliced
- 1 ounce Dijon mustard
- 16 slices pear, seeded and sliced

#### DIRECTIONS:

1. Place sliced bread on sheet pan in 350 degree oven until toasted.
2. Remove and cool.
3. Slice brie into ½ ounce pieces.
4. Whip together butter and mustard, spread on toasted bread slices.
5. Top with Brie slice and pear slice.

### ORIGINAL ANALYSIS

#### PER SERVING:

Calories (kcal): 560  
Total Fat (g): 33  
Saturated Fat (g): 21  
Trans Fat (g): 0.5  
Cholesterol (mg): 100  
Sodium (mg): 950  
Carbohydrate (g): 47  
Dietary Fiber (g): 3  
Sugars (g): 5  
Protein (g): 20  
Vitamin A: 20%  
Calcium: 10%  
Vitamin C: 4%  
Iron: 15%

### THINGS TO CONSIDER:

- Removing the butter from the original recipe greatly reduces the amount of total fat, and more specifically, saturated fats. This also reduces the total cholesterol content.
- Substituting spreadable light Swiss cheese for Brie also reduces total fat, saturated fat, and cholesterol.
- Reducing the amount of dijon mustard used in the original recipe helps to lower the sodium content and to counteract the slight increase that comes from using the spreadable light Swiss cheese instead of Brie.
- Adding strawberry fruit spread increases the contrast between sweet and rich without adding extra fat, and the small amount of Dijon provides enough tartness to compliment the dish

### MODIFIED RECIPE

- 1 multigrain baguette, diagonally cut into 16 slices
- 8 ounces spreadable light Swiss cheese wedges, cut into 16 pieces
- 1 pear, cut into 16 slices
- 3 tablespoons strawberry fruit spread
- ½ teaspoon Dijon mustard

#### DIRECTIONS:

1. Preheat oven to 350°.
2. Place bread slices on a baking sheet lined with parchment paper and top each slice with a piece of cheese. Bake until edges are golden brown and cheese is soft, not melted.
3. Top each slice with a pear slice.
4. Blend together fruit spread and mustard and drizzle over pears.

### MODIFIED ANALYSIS

#### PER SERVING:

Calories (kcal): 190  
Total Fat (g): 4  
Saturated Fat (g): 2  
Trans Fat (g): 0  
Cholesterol (mg): 20  
Sodium (mg): 540  
Carbohydrate (g): 29  
Dietary Fiber (g): 2  
Sugars (g): 12  
Protein (g): 12  
Vitamin A: 4%  
Calcium: 10%  
Vitamin C: 4%  
Iron: 0%

*Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions; and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit [www.acfchefs.org](http://www.acfchefs.org).*