



Pear Mostarda

Prep: 10 minutes

Cook 18 minutes • Serves: 12

- $\frac{3}{4}$ cup PICS white cooking wine
- $\frac{1}{2}$ cup PICS granulated sugar
- 2 large Bosc pears, peeled, cored and chopped
- 1 tablespoon fresh lemon juice
- 2 teaspoons mustard seeds
- 1 teaspoon dry mustard
- $\frac{1}{2}$ teaspoon grated fresh ginger

1. In medium saucepan, heat wine, sugar and $\frac{1}{2}$ cup water to a simmer over medium-high heat, stirring occasionally; reduce heat to medium. Add pears; cook 15 minutes or until pears soften, stirring occasionally.

2. Remove from heat; stir in lemon juice, mustard seeds, dry mustard and ginger. Makes about 1 cup.

3. Serve mostarda at room temperature on a charcuterie board.

*Approximate nutritional values per serving (4 teaspoons):
69 Calories, 0g Fat (0g Saturated), 0mg Cholesterol,
95mg Sodium, 14g Carbohydrates, 1g Fiber, 0g Protein*