

RECIPE OF THE WEEK: PALEO EDITION

Prosciutto Wrapped Pears

Ingredients:

½ red onion, very thinly sliced
2 pears
1 package of prosciutto di parma
Baby Spinach Leaves
1 tablespoon coconut oil
1/3 balsamic vinegar

Instructions:

Preheat oven to 400. Heat the coconut oil in a small skillet and sauté onions until they are caramelized. (onions should be brown but not burnt). Peel and slice the pears into thick slices. Top each pear with a little bit of caramelized onion and one spinach leaf, wrap tightly with a piece of prosciutto.

Grease a baking sheet with a little bit of grass-fed organic butter, and place the pears on the baking sheet. Bake for 8 minutes. While the pears are baking, add the balsamic to a small sauce pan, heat over medium low until the balsamic is reduced down to a syrup like consistency, stirring often. Drizzle a small amount of the balsamic reduction over the pears and serve.

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