

Fruit, Green Beans, To Try

## Pears, Beans and Bacon

From a gourmet group from the early 1970's



**3 whole pears, ripe**  
**1/2 cup water**  
**1 piece lemon peel, thin slivers**  
**1 pound green beans, Blue Lake, if poss., stem ends trimmed**  
**1 teaspoon salt**  
**6 slices bacon, cut into 1/2" squares**  
**1/4 cup sugar**  
**2 tablespoons vinegar**  
**1 teaspoon lemon juice**  
**2 teaspoons lemon peel, for garnish**

Per Serving (excluding unknown items): 218 Calories; 11g Fat (42.2% calories from fat); 6g Protein; 27g Carbohydrate; 5g Dietary Fiber; 18mg Cholesterol; 602mg Sodium; 20g Total Sugars; trace Vitamin D; 40mg Calcium; 1mg Iron; 322mg Potassium; 86mg Phosphorus.  
Exchanges: 1/2 Grain(Starch).

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**

**Servings: 6**

Preparation Time: 30 minutes

*This is a really elegant dish and a combination you wouldn't think to use. This needs to be prepared at the last minute so the beans don't turn gray.*

1. Bring a large pot of water to a simmer. Add salt, dissolve, then add beans. Simmer for about 5 minutes, until beans are crisp-tender. Drain beans and plunge into iced or cold water to stop the cooking.
2. In large frying pan, render the bacon until crisp and dry on paper towel. To the bacon drippings, add the sugar, vinegar and lemon juice and cook for 3-4 minutes. Set aside.
3. Peel and slice the pears into a saucepan, add the water, lemon peel and simmer for 5 minutes or until just barely tender. Do not overcook them or they will fall apart in the finished dish. Drain and set aside.
4. To the frying pan, add green beans and toss mixture over medium heat until beans are hot, then gently stir in the pears. Pour out onto a platter and add crumbled bacon on top when served. Garnish with more lemon peel shreds if desired.