

Baked Pears

Pears are used to moisten dry lungs and can help to relieve dry and lingering cough. This is a nice recipe to make when you are recovering from a cold or flu, or if you've got a dry cough after being out in the desert.

6 ripe pears, peeled and quartered
1 teaspoon grated fresh ginger
½ cup water
½ cup honey
¼ cup chopped almonds, toasted*

Place pear quarters in an 8" square baking pan. Sprinkle with ginger and pour water over top. Bake for ½ hour at 350 degrees. Drizzle with honey and sprinkle almonds over top. Serve warm or at room temperature. (Makes 6 servings)

*to toast almonds: Place almonds in a small dry frying pan. Place over medium heat, and stir constantly until the almonds are lightly browned. DO not char the almonds or they will become bitter.

**for wheezing, substitute walnuts for almonds – walnuts nourish the lungs and the kidneys and can help the qi of the lung to descend correctly. (unless you are allergic to walnuts!!!!)