



PEARS



Why eat pear:

- High in vitamins that protect the immune system and a good source of fiber to promote healthy digestion.
- One pear contains 10% of the daily value of vitamin C.

How to store and when to throw out:

- Store at room temperature for 3-5 days to ripen.
- Once ripe, keep uncut pears in the refrigerator for 5-7 days.
- Discard if super soft, oozing liquid, have large brown moldy spots and dramatic color changes.
- Don't be afraid to cut off small brown areas!

Frozen Yogurt Pear Granola Cups

Makes 6 servings

Ingredients:

- 1/4 cup peanut butter (or almond butter)
- 1 tablespoon honey
- 1/2 cup canned pears, drained and chopped
- 3/4 cup granola
- 1 cup of vanilla yogurt

Directions:

1. Line a muffin tin with 6 paper or aluminum liners.
2. Mix the peanut butter, honey and granola together in a small bowl.
3. Evenly distribute the granola mixture into each cupcake liner, pressing firmly with a spoon.
4. Fill the cups with yogurt (about 2-3 tablespoons).
5. Top with pear and drizzle with honey (optional).
6. Freeze for 30 minutes to 1 hour.
7. Let thaw for 5-10 minutes or until yogurt is soft.
8. Enjoy! Store in an airtight container in the refrigerator to enjoy daily or in the freezer for later.

Chef's Notes:

- Try adding nuts, cinnamon, and other fruits as topping.
- Can use Greek yogurt for more protein!
- Silicone muffin molds make for easy removal.

Quick Tips

- Check the pear next to the stem. If it is soft, it is ripe and ready to eat.
- Brown speckling on the pear skin is normal.
- Wash under cool running water just before eating.
- Eat the skin. The skin of pears contains most of the fiber.
- Cut pears just before using to avoid browned flesh.
- Lemon juice can help slow down browning.
- Bake pears in oven with a little cinnamon for a sweet dessert.

Nutrition Facts

Serving Size 1 Pear 148 g	
Amount Per Serving	
Calories 86	Calories from fat 1
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 1mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	18%
Sugars 15g	
Protein 1g	
Vitamin A	1%
Vitamin C	10%
Calcium	1%
Iron	1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Pear, Grape, and Cucumber Salad

Makes 4 servings

Recipe from eatfresh.org

Ingredients:

- 2 teaspoons oil
- 2 tablespoons lime juice
- 1/8 teaspoon salt
- 2 pears, diced (any variety)
- 1 cucumber diced
- 1 1/2 cups grapes, seedless, sliced in half

Directions:

1. In a large bowl, whisk oil, lime juice and salt.
2. Add pears, cucumber, and grapes and toss.

Chef Tip:

- Sprinkle with ground chili powder for a little kick or any seasoning of your choice.
- Substitute canned pears.

Types of Pears

Bartlett:

- Classic pear shape. Soft, juicy, and very sweet
- Red or green to yellow skin

Bosc:

- Slender pear shape. Crisp and sweet
- Feels firmer when pressed
- Brown skin with green to yellow under tones

Comice:

- Round with a very short neck
- Soft, juicy, and very sweet

Anjou:

- Egg-shaped, red or green skin
- Moderately soft and juicy with balanced sweetness

Asian:

- Usually round. Crisp texture like apples; taste and color vary
- Skin can be green, yellow or reddish-brown and sometimes speckled with small brown spots

Buying Guide:

- **Fresh** fruits and vegetables are most nutritious and cheapest when they are *in season*. Find them at a farmers market or in the front of the produce section at the grocery store.
- **Frozen** fruits and vegetables, *without added sauces or syrups*, are available year-round, ready to use and easy to prepare. Find coupons or look in the store advertisement to get the best deal.
- **Canned** fruits and vegetables are best when canned in *100% juice or no-salt-added*. Make sure to drain and rinse them to get rid of added sugar or sodium.

How much should I eat?

The recommendation is to eat 2 1/2 cups of vegetables and 2 cups of fruit per day. One cup of fruit or vegetables looks like a baseball, and half of a cup is the size of a light bulb.

Daily servings:

