

HARVEST OF THE MONTH:

Pear



HEALTHYSD.GOV
Live better. Grow stronger.



Nutrition Facts

Serving Size: ½ cup pears, sliced (70g)

Calories 41

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 11g 4%

Dietary Fiber 2g 9%

Sugars 7g

Protein 0g

Vitamin A 1%

Calcium 1%

Vitamin C 5%

Iron 1%

HELPING KIDS EAT HEALTHY

- Pears are the least allergenic of all fruits!
- Over 3000 varieties of pears are grown around the world.
- Bartlett pears are the only pears to change from green to yellow; others keep their color.
- Use overripe pears in smoothies, sauces, or as a tasty thickening agent for soups.

PRODUCE TIPS

- Choose pears that look colorful and fresh with no bruises or external damage.
- Test for ripeness by pressing gently near the stem. If it gives and feels soft, it's ready!
- To ripen a pear place on the counter or paper bag. If placed near an apple, it will ripen quickly.
- Pears are best when eaten with the peel, as that is where most of the fiber and antioxidants are found.

TRIVIA:

- The wood of the pear trees is one of the preferred materials in the manufacture of high quality woodwind instruments.

PEAR POWERS

Fiber

- Helps keep energy levels steady, lends a mighty hand to your intestines to prevent constipation and may help lower cholesterol

Vitamin C and Potassium

- Helps fight sickness, keeps blood strong, holds bones together and keeps teeth and gums healthy

Phytochemicals

- These powerful plant chemicals strengthen your body against diseases like cancer & heart disease



Pear Recipes

PEAR MUFFINS

INGREDIENTS

- 1 C. all purpose flour
- ½ tsp. ground ginger
- ¾ C. whole-wheat flour
- 2 T butter, very soft
- 2 tsp. baking powder
- ¾ C. brown sugar
- ½ tsp salt
- 2 eggs
- ½ tsp ground cinnamon
- ½ C. plain non-fat yogurt
- 2 C. pears, peeled and diced

DIRECTIONS

Preheat oven to 375. Line a 12 cup muffin tin with baking cups. In a large bowl, whisk together flours, baking powder, salt, cinnamon and ginger. In a medium bowl, cream butter with brown sugar. Beat in eggs one at a time, followed by yogurt. Pour egg mixture into flour mixture, stirring until just combined—will be thick. Add pears and stir. Fill muffin cups evenly with mixture. Bake for 17-20 minutes. Cool on wire rack. Serve warm or cold.

BREAKFAST PEAR PARFAIT

INGREDIENTS

- 2 C. plain oat cereal
- 2 C. honey oat cereal
- 2 C. pared and diced pears
- 2 C. non-fat yogurt

DIRECTIONS

Mix cereals together. Divide into 4 serving cups. Top mixture with pears and low fat yogurt

PEAR OATMEAL COOKIES

INGREDIENTS

- ½ C. butter
- 1 ¼ tsp. cinnamon
- 1 C. brown sugar
- 1 tsp. vanilla
- 1 egg
- ½ tsp. baking soda
- 2 C. rolled oats
- ½ tsp. salt
- 1 ½ C. flour
- Sugar
- 2 med. pears, coarsely chopped

DIRECTIONS

Preheat oven to 350. Cream butter and brown sugar until smooth. Beat in remaining ingredients, except sugar. Drop by rounded teaspoons onto lightly greased baking sheet. Sprinkle generously with sugar. Bake for 15 minutes or until lightly browned. Makes 4 dozen cookies.

SPINACH PEAR SALAD

INGREDIENTS

- 4 C. spinach leaves
- 1 pear
- ½ C. dried cranberries
- ⅓ C. low fat vinaigrette dressing
- 1 tsp. ginger root

DIRECTIONS

Toss together spinach, pear and cranberries. Mix dressing and ginger. Pour dressing over spinach and mix. Serve.