

# PEARS



**To Look for:** Choose a pear that is bright and fresh looking with no bruises or external damage. Color depends on the variety. Test for ripeness by pressing gently near the stem: if it gives to gentle pressure it is sweet, juicy and ready to eat.



**At Home:** To ripen unripe pears, store in a paper bag on the countertop for 2-3 days. Store ripe pears in the refrigerator crisper for up to 7 days (best to use sooner). Rinse with clean drinking water directly before using.



**Your Health:** Pears are a nutrient-rich fruit:

- Good Source of Vitamin C
- Very Good Source of Fiber
- Also include calcium and potassium.



**Benefits:** Eating more fruits, especially high fiber, Vitamin C rich fruits, reduces risk of cancer, heart disease and strokes.

- Vitamin C helps your body absorb iron and helps your immune system
- Vitamin A helps maintain vision and keeps your immune system healthy
- Fiber aids digestion and gives a feeling of fullness when eating
- Iron prevents anemia and potassium keeps up muscle function.

## Nutrition Facts

Serving Size 1 medium (166g)

Amount Per Serving

**Calories** 100      **Calories from Fat** 10

% Daily Value\*

**Total Fat** 1g      **1%**

Saturated Fat 0g      **0%**

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 25g      **8%**

Dietary Fiber 4g      **16%**

Sugars 17g

**Protein** 1g

Vitamin A 0%      -      Vitamin C 10%

Calcium 2%      -      Iron 0%

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

## Additional Nutrition Information

Potassium 210mg **6%**



## **Tips to Eat More Pears:** A serving of pears is 1 medium pear or 1/2 cup.

- Keep ripe pears on hand for a quick snack or dessert or to use in recipes.
- To sweeten your breakfast add diced pears to cooked or uncooked breakfast cereal or try cooked pears on pancakes and waffles.
- Add diced pears to your favorite muffin, cake, cookie or bread recipes.
- Add diced pears to green salads (try a salad with romaine lettuce, a powerhouse Summer vegetable) for added sweetness and a texture contrast.
- For an easy snack make your own yogurt parfait with fresh pears and granola or high-fiber cereal. Add other fruits if desired.
- Pears are also great in fruit salads! Add citrus juice to keep them from browning.
- Or you can add chopped pears to rice, pasta, chicken or tuna salads.
- Try baking pears with cinnamon and raisins in the microwave for a quick dessert. Other flavors that go well are maple, honey, citrus, cloves, and nutmeg.
- Add pears to stir-fries or rice dishes. Pears pair well with spicy foods, like curries, and other savory dishes. Try pears in your stuffing.
- Cook pears with other fruits and vegetables, like berries, sweet potatoes (a powerhouse Fall vegetable), or brussels sprouts (a Fall vegetable).
- Use pears to make sauces or salsas to accompany desserts, meat, chicken or fish dishes.
- Don't forget dessert! Reduced fat pear pies, cobbler, crisps, cakes and baked or poached pears are perfect ways to end a meal.



## **Quick Recipe Ideas:**

- Microwave 3 cut pears, cut side down and covered, on high for 5 minutes. Spoon a mixture of 1/4 c. maple syrup, 1/4 c. raisins, 1/2 tsp. lemon peel, 1/4 tsp. cinnamon and 1/4 c. chopped nuts into the centers and microwave 3-4 minutes, until the pears are tender.

### **Sweet Potatoes with Pears:**

- 1 lb. sweet potatoes, 1-inch cubes
- 4 tsp. cornstarch
- 1/8 tsp. salt
- 1/8 tsp. ground allspice
- 1 c. apple juice or apple cider
- 1/4 c. raisins
- 2 tsp. lemon juice
- 2 ripe medium pears, cored and cut into 3/4 inch pieces

Cook sweet potatoes, covered, in boiling water 10 min. or until easily pierced by a fork. Drain. Meanwhile, in a medium pan stir together the cornstarch, salt, and allspice. Stir in apple juice/cider, raisins, and lemon juice and cook and stir until thickened then for 2 minutes more. Stir in pears and cooked sweet potatoes and heat through.

Makes 6 servings.

Per serving: Calories: 160, Fat: 0 g., Cholesterol: 0 mg., Fiber: 4 g. (16%), Sodium: 75 mg. (3%), Vitamin A: 260%, Vitamin C: 50%, Calcium: 2%, Iron: 2%.  
From *The New Dieter's Cookbook*, Better Homes and Gardens.



### **For One or Two:**

To serve two follow same directions using:  
1/3 lb. sweet potatoes, cut into 1-in. cubes, 1 1/4 tsp. cornstarch, pinch salt, pinch ground allspice, 1/3 c. apple juice or apple cider, 3/4 tsp. lemon juice, 2/3 ripe medium pear, 3/4-in. pieces. Save the rest or divide this recipe by 2 to serve one.

**Modifications:** If you have a citrus allergy, omit the lemon juice. You can use other fruits, like apples, or try any spice you have on hand, like cinnamon, nutmeg or apple or pumpkin pie spice.

**Storage and Freezing:** Leftovers will keep in the fridge for up to a week. To make this ahead, undercook the sweet potatoes so they don't fall

apart when reheated. Leftovers make a great side or snack.

***Kid Friendly***

Try this recipe with your family or have your kids help you make it—it can be a sweet way to introduce them to pears or other new fruits with sweet potatoes, a powerhouse vegetable.