

# Let's Talk Pears

## NCC Health & Wellness

**Common Varieties:** Comice, Bosc, Red Anjou, French Butter and Bartlett pears.

**Select:** Select firm, unblemished fruit. Ripe when yields to pressure near stem.

**Store:** Unwashed on counter. Can ripen in paper bag. Store cut fruit in refrigerator.

**Nutrition:** Excellent source of fiber. Great source of Vitamin C.

**Uses:** Baked, raw, poached, salsa, chutney, preserves, and salads.



### Food Safety Tips

- 1.) **Clean:** Make sure you use hot, soapy water to clean your hands, utensils and all items that touch food prior to starting. Wash fruits and veggies before prep, but not meat, poultry or eggs!
- 2.) **Chill:** Keep cold foods cold. Refrigerate cut produce ASAP and store between 32 to 40 degrees F. Frozen foods should be keep below 32 degrees F.
- 3.) **Separate:** Keep raw meat, poultry and seafood away from ready to eat foods. Watch those cutting boards!
- 4.) **Cook:** Be sure to check internal cooking temperatures of food.

For more tips go to: [www.foodsafety.gov](http://www.foodsafety.gov)

### Five Easy Ways to Prepare:

(see recipes below for more details)

- 1.) Wash and eat raw.
- 2.) Slice onto salad as a topping
- 3.) Eat with cheese and crackers
- 4.) Chop into tuna salad
- 5.) Thin slice onto sandwiches.

*Pears are eaten throughout the world from the earliest days of antiquity. You can often substitute a pear where you would normally use an apple.*

### Pear sauce

Serves 6

4-5 med pears, peeled, cored, chopped

2 T water

½ tsp vanilla flavoring

1 tsp fresh lemon juice (optional)

1 tsp sugar (optional)

½ tsp cinnamon (optional)

- 1.) Bring pears and water to a boil. Lower heat to simmer until softened (~10 min). Stir often.
- 2.) Add optional flavoring as desired.
- 3.) Serve hot or cold.

Eat as you would apple sauce, on its own, or over any dish from fruit to fish.

## Poached Pears

Serves 4

4 med, ripe pears, washed, cut in half, cored

¼ c orange juice

2 T granulated or brown sugar

¼ c water

½ tsp of grated orange or lemon peel (zest)

1 tsp cinnamon (optional)

½ c walnuts, chopped for garnish (optional)

- 1.) Heat orange juice, water, zest, cinnamon and sugar, until sugar dissolves in large pan. Bring to a boil.
- 2.) Add pear halves, flat side down. Bring mixture to a boil again. Reduce heat to simmer. Add vanilla. Cover. Cook until pears are tender (~20 min).
- 3.) Serve with walnuts as garnish.

## Pear Waldorf

Serves 4-6

4 med pears, ripe, chunked

1 c fresh chopped pineapple (or drained canned)

2 mandarin oranges

½ c carrots, thinly sliced

½ c red pepper, thinly sliced

½ c grapes, halved

½ c almonds, chopped, optional

### Dressing

1 c lowfat plain yogurt

½ c orange juice (or leftover pineapple juice from can)

¼ tsp cinnamon

- 1.) Prepare dressing by whisking all ingredients until well blended.
- 2.) Combine all other ingredients in large bowl. Add dressing. Mix well.
- 3.) Serve immediately or chill and serve.

## Minimum recommended daily amount of cups of fruits and vegetables

		age in years				
		1-3	4-8	9-13	13-18	18+
male	fruit	1c	1c	1.5c	2c	2c
	veg	1c	1.5c	2c	3c	3.5c
female	fruit	1c	1c	1.5c	2c	2c
	veg	1c	1.5c	2c	2.5c	3c

**Fruits:** Whole fruits are better than juice.

1 cup of fruits equals:

- 1 cup raw or cooked fruit; or
- ½ cup dried fruit; or
- 1 cup 100% fruit juice

**Vegetables:** Eat a rainbow of colors, including dark green, red and orange. Fresh, frozen and canned are all ok!

1 cup of vegetables equals:

- 1 cup raw or cooked vegetables; or
- 2 cups leafy salad greens; or
- 1 cup 100% vegetable juice

For more information:

[www.choosemyplate.gov](http://www.choosemyplate.gov)

## Feel good, be active!

Adults: Aim for 30 min of exercise most days.

Children: Aim for 60 min of exercise everyday.

