



Pears



Packed with fiber, flavor and fun in a sweet & juicy package!

Nutrition Tips:

- Only 100 calories and provide 6 grams of fiber.
- Great source of potassium, Vitamin C, and antioxidants.
- Easy to grab, on the go snack!

How to Pick a Perfect Pear:

- Pears ripen once picked; choose pears that are firm without cuts or bruises.
- Pears come in various colors and skin textures; the color may not indicate ripeness.
- Ripen firm, unripe pears at room temperature.
- To speed up the ripening process, store in a paper bag with a banana.
- Check daily. When ripe, a pear will have a slight give near the stem.
- Place ripe pears in a plastic bag in the crisper drawer of the refrigerator and enjoy within 3-5 days.

How to Increase Consumption:

- Add crisp, sliced pears to a spinach salad.
- Grill pears and add to a low-fat grilled cheese sandwich.
- Slice in half, fill with cottage cheese and top with dried cranberries.
- Make “pear sauce” just as you would applesauce.
- Stir into yogurt for a sweet, mellow snack.



This publication was supported by the CDC Cooperative Agreement number U58/DP001494.
Its contents are solely the responsibility of the authors and do not represent the official views of the CDC.

January Featured Pear Recipe

Easy Elegant Caramelized Pears

Serves 4

Ingredients:

- 2 Tbsp. butter, melted
- ½ cup packed brown sugar
- 2 pears, halved lengthwise and cored*
- 2 Tbsp. pecan pieces

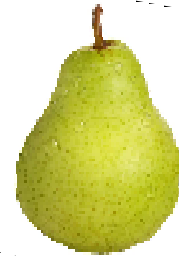
Directions:

Preheat oven to 400 degrees. In an 8x8-inch baking dish, mix together butter and brown sugar; spread over pan bottom. Lay pears cut-side-down over brown sugar mixture. Bake 30 minutes. Turn pears over; sprinkle with pecans. Spoon pan sauce over pears. Bake an additional 10 minutes. Cool slightly and serve with remaining pan sauce.

Per serving: 250 calories, 9 g fat, 1 g protein, 45 g carbohydrate, 4 g fiber, 50 mg sodium

* Choose baking pears such as Bosc or Bartlett. Pears may be peeled if desired. Canned pear halves can be substituted for fresh.

****This recipe is a Foot Steps to Health recipe and is 500 Club Approved****



For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>