



Pears



“For Occasional Flair, try a Pear!”

Nutritional Benefit:

- One medium pear has only 100 calories and contains 4 grams of fiber.
- Provides potassium, vitamin C and antioxidants.

**Foot Steps
to Health**

How to Pick, Store, & Prepare:

- Choose pears that are fragrant and free of blemishes and soft spots.
- 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, place in a paper bag with a banana.
 - Check daily; once 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.
- Wash and enjoy this on the go snack. No need to peel! The skin provides a good source of fiber

How to Increase Consumption:

- For a quick snack, slice pears and serve with peanut butter.
- Serve pears on your next cheese or appetizer platter.
- Top your favorite salad with sliced pears.
- Place pears on a grilled cheese sandwich. Works especially well when made with brie or gouda cheese.



Sweet Potatoes



“More than just for pie! Packed with Vitamins A and C!”

Nutritional Benefit:

- One medium sweet potato has only 100 calories.
- Provides vitamins A and C, fiber, potassium and manganese.

**Foot Steps
to Health**

How to Pick, Store, & Prepare:

- Choose firm sweet potatoes that are small to medium size.
- Discard potatoes with soft or rotten spots as the flavor will be affected.
- Store sweet potatoes in a dark, dry, and cool environment for up to 1 month. Remember to take out of the plastic produce bag, for storage.
- Store cooked sweet potatoes in the refrigerator and use within 3-5 days.
- Wash before using. Sweet potatoes can be consumed with the peel on!

How to Increase Consumption:

- Sweet potatoes can be microwaved, baked, boiled, or broiled.
- Serve mashed or baked sweet potatoes with a little butter, sugar and cinnamon.
- Make baked sweet potato fries by slicing, topping with olive oil, salt, and pepper.
- Add to existing sweet or savory dishes such as soups, casseroles, curries etc.

Pear Recipe

Pear Crisp

Serves 8

8 pears, sliced

Juice from one orange

1 tsp. vanilla extract

1 cup old-fashioned oats

1/4 cup all-purpose flour

1/2 cup packed brown sugar

1/4 tsp. ground cinnamon

1/4 cup butter, softened



Preheat oven to 350 degrees. Spray 8x8-inch baking pan with cooking spray; set aside. In a bowl, combine pears, orange juice and vanilla. Spread the fruit mixture in the prepared baking pan.

In a separate bowl stir together oats, flour, brown sugar and cinnamon. Cut butter into mixture until well combined. Sprinkle oat mixture over fruit mixture. Bake 20 minutes or until lightly browned and bubbly.

Per serving: 260 calories, 7 g fat, 2 g protein, 52 g carbohydrate, 7 g fiber, 55 mg sodium

This recipe is a Foot Steps to Health Recipe providing a serving of fruit or vegetable and is 500 Club Approved

Sweet Potato Recipe

Sweet Potato Goodness

Serves 6 (1/2 cup/serving)

2 large sweet potatoes, baked and peeled

2 Tbsp. butter

1/2 cup sugar

1 tsp. ground cinnamon

1/2 tsp. ground allspice

1/4 cup raisins

1 Granny smith apple, peeled and diced

1/8 cup fat-free milk



Mash sweet potatoes. Melt butter over low heat in small saucepan; mix in sugar, cinnamon, allspice and raisins. Add apples, cover and let simmer for 5 minutes or until apples are tender. Mix apple mixture into sweet potatoes; stir in milk. Mix well until potatoes reach desired consistency.

Per serving: 180 calories, 4 g fat, 1 g protein, 37 g carbohydrate, 3 g fiber, 60 mg sodium

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

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

(Click La Crosse County, click Get Healthy Eating)