



Pears

The Health Benefits of Pears

This fall fruit comes in several varieties, including Bartlett, Bosc, D'Anjou and Asian, but they all have similar health properties.

1 medium pear provides:

- 100 Calories, 1 gm protein, 6 gm fiber, 0 fat, no cholesterol

Potential benefits of consuming pears:

- 12% of your Daily Value for vitamin C: High in polyphenol antioxidants that fight aging, inflammation and disease
- High in both soluble and insoluble fibers for digestive health, blood sugar control & lowering cholesterol (Eat the Peel!)
- Excellent source of copper for nerve function and immunity.
Good source of potassium for muscle contraction & heart function
- Good source of folate and niacin for energy production, vitamin A for skin health and wound healing
- Rich in *anthocyanins* and *cinnamic acid* known to fight cancer

For more information, visit our website:
www.advancedhealth.com/healthy-bytes-initiative

Brought to you by the HEAL subcommittee of the Coos County Community Health Improvement Plan and these sponsors:





Give Them More
— of the —
Good Stuff!

Shop and Save

- Choose firm pears without cuts or bruises. Pears nick and bruise very easily, so handle with care.
- Pears are picked when mature but ripen at room temperature for best texture and taste.
- Pears may be best quality and lowest cost when they are in season, September through May depending on the variety.
- Select Asian pears that are fragrant and unbruised. Ripe Asian pears are firm and do not soften. They are ready to eat when purchased.

*Fiber in pears promotes good digestion
and helps maintain a healthy heart.*



Types of Pears

Bartlett - classic pear shape. Soft, juicy and very sweet. Red or green to yellow skin.



Bosc - slender pear shape. Crisp and sweet. feels more firm when pressed. Brown skin with green to yellow undertones.



Comice - round body with a very short neck. Soft, juicy, and very sweet.



Anjou - egg-shaped. Moderately soft and juicy with balanced sweetness. Red or green skin.



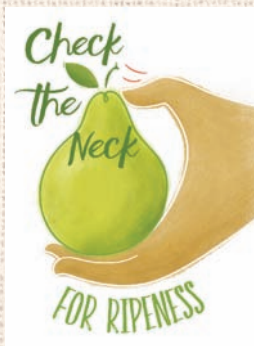
Asian pear - usually round. Crisp texture like apples; taste and color vary. Skin can be green, yellow or reddish-brown and sometimes speckled with small brown spots.



Store Well Waste Less

- Ripen pears at room temperature. Press gently near the stem. If the neck feels soft, the pear is ready to eat.
- Once pears are ripe, use within 3 to 5 days or refrigerate to keep them longer.

- Wash pears under cool running water just before eating, even if you plan to peel them.
- Peel or cut pears just before using to avoid browned flesh.
- Asian pears: store up to 1 week at room temperature or up to 3 months in the refrigerator.



Choose pears
canned in water
or 100% juice.

Contributions by USAPears.org

Enjoy Pears

Chicken and Pear Salad

Ingredients:

- 2 cups **pears**, diced (fresh or canned)
- 1/4 cup **celery**, chopped
- 1/2 cup **onion**, chopped (sweet onion will be most mild)
- 1/4 cup **raisins**
- 1 cup cooked **chicken**, diced
- 2 Tablespoons low-fat plain **yogurt**
- 2 Tablespoons **mayonnaise**
- 1/8 teaspoon **salt**
- Dash of **pepper** to taste
- 1 Tablespoon **lemon juice**

Directions:

1. In a large bowl, combine all ingredients. Mix well. Serve now or chill.
2. Refrigerate leftovers within 2 hours.

Makes 2 1/2 cups

Prep time: 15 minutes

Pear and Cranberry Crisp

Ingredients:

- 1/2 cup old fashioned **rolled oats**
- 1 Tablespoon **brown sugar**
- 2 Tablespoons **flour**
- 1/4 teaspoon **cinnamon**
- 2 Tablespoons **applesauce**
- 4 cups **pears**, cubed (about 3 pears)
- 1 cup **cranberries**, fresh or frozen
- 1 Tablespoon **cornstarch**

Directions:

1. In a medium bowl, combine oats, brown sugar, flour, cinnamon and applesauce.
2. Combine pears, cranberries and cornstarch in an 8x8 inch baking dish. Sprinkle with oat mixture.
3. Bake uncovered at 400 degrees until juices are bubbling and topping is browned, about 20 minutes.
4. Refrigerate leftovers within 2 hours.

Makes 4 cups

Prep time: 10 minutes

Cook time: 20 minutes

Go to
FoodHero.org
for easy, tasty
pear recipes

Pear Quesadillas

Ingredients:

- 4 medium **whole wheat tortillas**
- 1 cup grated **cheese** (try cheddar, jack or pepper jack)
- 1 cup **pear** slices (fresh or canned/drained)
- 1/2 cup finely chopped **green** or **red peppers**
- 2 Tablespoons minced **onion** (any type)

Directions:

1. Sprinkle 1/4 cup cheese on half of each tortilla.
2. Equally divide pears, peppers and onion and scatter over the cheese. Fold each tortilla in half over the filling.
3. Heat a skillet or griddle over medium heat. Add as many quesadillas as will fit in a single layer. Cook for 2-4 minutes, or until bottom of quesadilla begins to brown.
4. With large spatula, gently turn quesadilla over and cook the other side until lightly brown, 2-4 minutes.
5. Gently slide quesadillas onto plate. Cook any remaining quesadillas.
6. Cut each cooked quesadilla into wedges and serve.
7. Refrigerate leftovers within 2 hours.

Makes 4 folded tortillas

Prep time: 10 minutes

Cook time: 5 to 10 minutes per batch



**Kids
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ wash pears under cool running water.
- ✿ safely use a can opener.
- ✿ use a spoon to remove the seed core and cut a long 'v' to remove the fibers from the core to the stem.
- ✿ measure and mix ingredients.