

PEARS



TRY THIS

- Add pears to applesauce, sandwiches, smoothies, and pancake, waffle, or muffin batter.
- Grill or sauté pears and serve with a dollop of vanilla Greek yogurt and a dash of cinnamon.
- Dip firm pear slices into nut butter or fruit dip for a snack.

BUYING OR STORING

- Select firm pears with unblemished skin and stems intact that give slightly to pressure but aren't soft.
- Store at room temperature until ripe. Store ripe whole pears in the refrigerator for up to five days.
- To freeze: peel, halve, core, and quarter ripe pears. Freeze on a lined sheet pan overnight, transfer to freezer bags or containers, and store in freezer up to ten months.
- Wash all fresh fruits and vegetables before using.

AUTUMN PEAR SALAD

Time: 15 minutes | Makes: 8 servings | Serving Size: 1 cup

Nutrition Information Per Serving: Calories 133, Carbohydrate 15g, Dietary Fiber 2g, Protein 3g, Total Fat 7g, Saturated Fat 1.5g, Cholesterol 5mg, Sodium 229mg

INGREDIENTS

- 6 cups baby kale
- 2 ripe pears, cored and thinly sliced
- 1 apple, cored and thinly sliced
- ½ cup raisins or dried cranberries
- ⅔ cup Parmesan cheese, shaved, shredded, or grated
- 6 tablespoons Champagne or French vinaigrette salad dressing

INSTRUCTIONS

1. Shake salad dressing well and add 2 tablespoons to the bottom of a large bowl.
2. Add kale, pears, apples, and dried fruit and mix gently to lightly coat in salad dressing.
3. Add remaining dressing and Parmesan. Toss gently to combine. Serve.

CHANGE IT UP

- Add ½ cup of toasted walnuts and thinly sliced radishes.
- Replace the kale with baby spinach.
- Swap the Parmesan for feta or crumbled blue cheese.



Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.

