



Pear

Pears come in a variety of shapes, sizes and colors. Skin colors include green, golden yellow and red. The peel is good to eat and has many nutrients. Do not eat the seeds.

Pears are fruit which grow on trees.

One of the world's oldest fruits, pears were known to both the Greeks and the Romans. Early colonists brought pears to the United States in the 1700's.

Pears are a relative of the apple. Washington, Oregon and California produce 97 percent of the pears in the United States.

NUTRITION FACTS

- Cholesterol free
- Sodium free
- High in fiber
- High in potassium
- Good source of vitamin C
- Good source of fiber

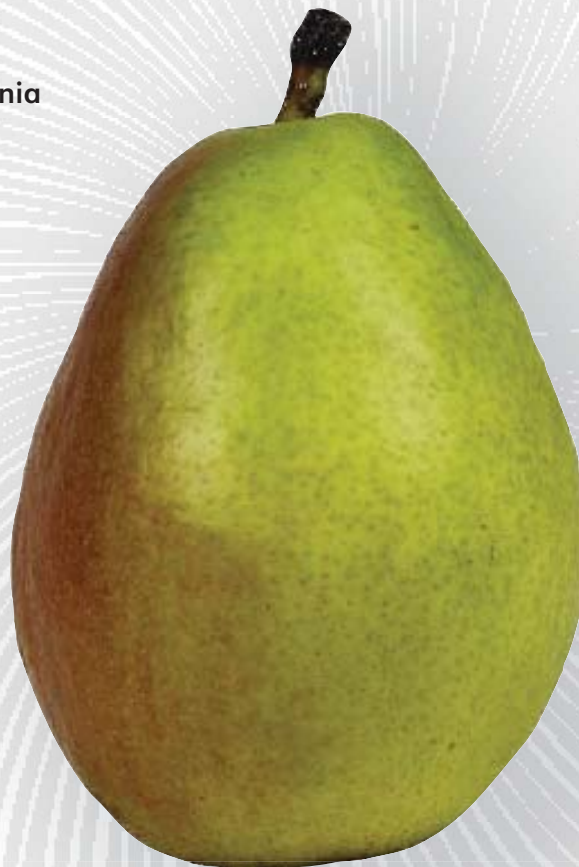
VARIETIES

There are several varieties of pears including, Anjoe, Bartlett, Bosc, Comice, Forelly and Seckel. Among these varieties there are only small differences in flavor and texture. Pears are available most of the year.

Choose pears with no bruises or dark brown spots. Wash under clean, running water before eating.

USES

Pears can be eaten raw or cooked. They are great to eat as a quick snack. Chop and add to fruit salads. They can also be baked, broiled or grilled. Use pears where you would use apples.



Funded in part by USDA's Food and Nutrition Service, EFNEP, and Nebraska Department of Health and Human Services 2008. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska—Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska—Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska—Lincoln and the United States Department of Agriculture.

Pear Sauce
Preparation time: 25 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 1



6 c. pears, peeled and diced
¼ c. water
2 T. sugar
1 tsp. lemon juice
dash of nutmeg

Microwave Directions:

1. In a microwave-safe bowl, combine all ingredients. Cover and microwave on high for 6 minutes.
2. Stir pear mixture. Cover and microwave on high an additional 6 minutes or until tender.
3. Puree mixture in a blender or food processor until smooth.

Stove-top Directions:

1. Increase water to ½ cup and combine with all ingredients in a medium saucepan. Bring to a boil.
2. Cook over medium heat 10-15 minutes or until pears are tender.
3. Puree mixture in a blender or food processor until smooth.

Nutrition Information per Serving: Calories 160, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 0 mg (0% DV), Total Carbohydrate 44 g (15% DV), Dietary Fiber 8 g (32% DV), Sugars 30 g, Protein 1 g, Vitamin A 2%, Vitamin C 20%, Calcium 2%, Iron 2%.

Pear Crisp
Preparation time: 1 hour 30 minutes
Number of servings: 12
Cups of fruits or vegetables per serving: 1



Crisp:

⅓ c. brown sugar
2 T. cornstarch
2 T. lemon juice
2 tsp. cinnamon
¼ tsp. salt
12 pears, cored and sliced

Topping:

½ c. flour
1 c. oatmeal
⅓ c. brown sugar
½ tsp. cinnamon
6 T. chilled margarine, cut into small pieces

1. Preheat oven to 350° F. Spray a 9x13-inch baking dish with non-stick cooking spray. Set aside.
2. In a large bowl, combine the first 6 ingredients. Mix well. Spoon into prepared baking dish.
3. In another large bowl, combine flour, oatmeal, brown sugar, and cinnamon.
4. Add margarine and mix well with a fork until mixture is crumbly.
5. Sprinkle flour mixture over the pear mixture.
6. Bake for 1 hour or until topping is golden brown and fruit is tender.

Nutrition Information per Serving: Calories 240, Total Fat 6 g (9% DV), Saturated Fat 1 g (5% DV), Cholesterol 0 mg (0% DV), Sodium 110 mg (5% DV), Total Carbohydrate 47 g (16% DV), Dietary Fiber 6 g (24% DV), Sugars 28 g, Protein 2 g, Vitamin A 6%, Vitamin C 15%, Calcium 4%, Iron 6%.