



Pears, Fresh

MyPlate Food Group: **Fruit**



Nutrition Information

- 1 cup of sliced or chopped pears or 1 medium pear counts as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.
- Pears are naturally low in fat, sodium, and calories. Pears do not have cholesterol.
- Pears contain many vitamins and minerals that are important for your body. Pears are also a great source of fiber.

Uses and Tips

- Cut-up pears make a great snack any time of the day.
- Fresh pears do not need to be cooked or heated. Before eating, gently rub pears while holding under plain running water to remove any visible debris and enjoy.
- A pear is ripe and ready to eat when its flesh begins to soften when gentle pressure is applied. If not soft under gentle pressure, allow it to ripen at room temperature, checking for ripeness daily.
- Try adding thin slices of pears to replace jam on a peanut butter sandwich or to replace syrup on pancakes and waffles.
- When pears are in season they are at their peak flavor and may be less expensive.

Storing Foods at Home

- Do not wash pears until ready to eat.
- Store unripened pears at room temperature in a paper bag. Once it is ripe, store it in the refrigerator.

MyPlate Facts

- Fiber from fruit helps to keep your heart healthy and reduce cholesterol.
- Fiber is important for bowel function and helps prevent constipation.
- Eating a diet full of fruits and vegetables may reduce the risk for heart disease and may help prevent some cancers.
- All forms of fruit count as part of the Fruit Group. Fruits can be fresh, canned, frozen, or dried!



USDA Foods

Pear Quesadillas

Makes 4 servings

Ingredients:

- 1 cup grated cheese (cheddar or pepper jack)
- 1 cup pear slices, fresh or canned, drained
- ½ cup green or red peppers, finely chopped
- 2 tablespoons onion, minced
- 4 medium tortillas, whole wheat

Directions:

1. Divide cheese, pears, peppers, and onions between the tortillas, covering about half of each tortilla. Fold each tortilla in half over the filling.
2. Heat a skillet or griddle to medium (300 degrees F in an electric skillet). Place one or two folded tortillas on a dry skillet and heat until cheese melts and the tortilla browns slightly, about 2-4 minutes.
3. With large spatula, gently turn quesadillas over and cook the other side until a little brown, 2-4 minutes.
4. Put browned quesadilla on a plate and repeat until all tortillas are heated. Cut each cooked quesadilla in half and serve.

Recipe adapted from FoodHero.org

Cinnamon Baked Pears

Makes 4 servings

Ingredients:

- 2 ripe pears
- 3 tablespoons nuts, chopped
- 2 teaspoons honey or brown sugar
- ¼ teaspoon cinnamon
- 1 tablespoon dried cranberries

Directions:

1. Heat oven to 350 degrees F.
2. Cut the pears in half lengthwise. Remove the core and seeds with a spoon or melon baller.
3. Place pears in a baking dish. Fill the cored-out centers with chopped nuts and drizzle about half a teaspoon of honey or brown sugar over each pear half.
4. Sprinkle each half with cinnamon and cranberries.
5. Bake 25 to 35 minutes or until pears are soft when poked with a fork. Serve warm.

Recipe adapted from FoodHero.org