

This TRY DAY FRIDAY...

FRESH PEARS



This ancient fruit provides impressive flavor, nutrition, and versatility.

NUTRITION: Fresh pears are low in calories, nutrient-dense, and an excellent source fiber. One medium pear contains about 100 calories, provides vitamin C and other phytonutrients, and packs 6 grams of fiber.

AVAILABILITY: Fresh pears are most plentiful and flavorful from late summer through winter. Ten varieties of pears are commercially harvested in the United States. Color, texture, and flavor vary with each variety.

SELECTION: Pears are harvested when mature, but not ripe. Pears slowly reach peak flavor when held at room temperature. So how do you judge the ripeness of a pear? You check the neck! Gently apply pressure around the neck or stem of the fresh pear. If it gives a little, it's ripe and ready to eat! Once a fresh pear is ripe, it can be refrigerated for about five days.

PREPARATION: Thoroughly wash pears with cold water before eating. With your hands or a soft bristled produce brush, gently scrub the entire exterior surface including the stem and bottom calyx.

USE: Fresh pears are most commonly eaten raw, however, pears can be incorporated into tasty snacks and nutritious meals throughout the day.



Try these quick and flavorful fresh pear recipes:

Country Breakfast Muffins or Crumpets

Saute fresh pear slices with precooked crumbled sausage. Arrange on toasted English muffins or crumpets. Sprinkle with cheese, heat, and serve.

Baked Pears

Core whole fresh pears or pear halves, leaving stems intact; drizzle with honey or maple syrup and bake until tender. Serve warm or chilled with milk or cream.

Ham and Pear Pockets

Layer puff pastry squares with sliced ham, Jack, Swiss, or Cheddar cheese and fresh sliced pears. Fold over and bake according to package directions.

Wrapped Pears

Wrap fresh pear wedges with slices of cheese and salami or luncheon meats for a tasty treat.

Quick Pear Snacks

Cut unpeeled fresh pears into wedges, dip one end in honey and dip in chopped toasted nuts, roasted sunflower seeds, coconut or chocolate sprinkles.

Pear-Topped Nutty Toast

Serve hot toasted wheat bread spread with peanut butter and topped with fresh pear slices.