



Texas Cooperative

EXTENSION

The Texas A&M University System

SIMPLY GOOD FOOD

Pears

Nutrient Analysis - 1 medium pear:

100 Calories

4 grams Fiber

Good Vitamin C source

Nutrient Analysis - 1 cup in heavy syrup

189 Calories

2.4 grams Fiber

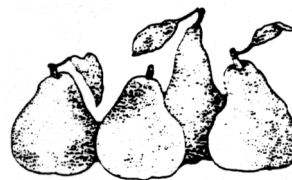
.5 grams Protein

48.9 grams Carbohydrates

.3 grams Fat

13 mg Sodium

166 mg Potassium



*Best Season to
Buy Fresh:*

February

July

August

September

October

November

PEAR: The pear is native to Asia and Europe, and related to the apple family. The varieties brought to America by the early colonists came from Europe. Pears fall into two different classes. The European is bell-shaped, the flesh is soft and succulent, and the skin is yellow or red. Asian pears are round, with green-yellow or green-russet skin and crunchy flesh. In testing for ripeness, you cannot depend on color. The best ripeness test is to gently apply pressure, with the thumb, near the base of the stem. If it yields slightly, it's ripe. Fresh pears are best if eaten within 3-5 days. (1)

Crunchy Pear Salad

- 3 pears - peeled, halved and cored
- 2 tsp lemon juice
- 1-3oz pkg cream cheese, softened
- 3 Tbsp milk
- 1/4 tsp dried tarragon
- 1/2 cup sliced celery
- 1/2 cup chopped dates
- lettuce leaves
- 1/4 cup chopped pecans or walnuts



Sprinkle pear halves with lemon juice. Combine cream cheese, milk and tarragon; beat until smooth. Stir in celery and dates. Spoon one-sixth of cheese mixture into each pear half. Arrange pear halves on a lettuce-lined platter; sprinkle with nuts. Cover and chill 1 to 2 hours. Yield: 6 servings

Pear Granola Sundaes

- 1-16 oz can pear halves in juice
- 3/4 cup non-fat vanilla yogurt
- 6 Tbsp lowfat granola
- 6 maraschino cherries (opt.)

Drain fruit; reserve liquid for other use. For each serving, layer in order: 1 pear half, 2 tablespoons yogurt, and 1 tablespoon granola in a serving dish. Garnish each with cherry. Yield: 6 servings.

Mr. and Mrs. Pear Head

- 2 juice-packed canned pear halves, for the bodies
- 4 raisins, cut up (or pieces of other fruits) for the 2 noses and 4 eyes
- 2 carrot half circles (or 1/2 strawberry) for the mouths
- 1/4 cup grated carrot or crushed pineapple (or shredded lettuce or shoe-string beets) for the hair on both, (or all on one)

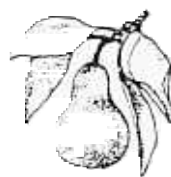
Lay the pear halves, cut-side down, on a plate. Either the narrow or wide end can be the head, or try one of each.

For the nose and eyes, press parts of raisins or other fruit or vegetables into the head in appropriate places.

For the mouth, set a carrot half-circle into place.

For hair, arrange carrot or pineapple on the plate at the top of the head.

Repeat with other pear half, or give pear half all the hair and leave the other bald. Yield: 1 serving (2)



Supporting State Extension Goal: Health, Safety and Well Being

Prepared by: Ronda Alexander,
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Source: (1) "A Produce Reference Guide to Fruits and Vegetables from Around the World" by Donald D. Heaton.; (2) "Diabetes Forecast" May 1999;

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