

Pears

Key Points

- For the best buy, choose pears that are slightly soft around the stem and have no bruises.
- To prepare pears, rinse well with running water before using.
- To store fresh pears, refrigerate up to five days.
- Pears contain fiber, which helps to keep you regular.



Pear Brown Betty

Ingredients:

1 can (20 ounces) pear halves in juice
4 cups cake cubes (1 yellow cake layer)
1 tablespoon soft tub margarine,
melted
1/2 cup raisins
1 teaspoon cinnamon

Directions:

1. Preheat oven to 400°F. Grease a shallow baking dish.
2. Drain pears, reserve 1 cup of pear juice. Cut each pear into 6 pieces.
3. In a large bowl, combine pears and cake cubes. Add reserved pear juice, melted soft tub margarine and cinnamon.
4. Pour into prepared baking dish.
5. Bake for 40 minutes, or until top is golden brown.
6. Serve warm.
7. Refrigerate leftovers.

Makes 8 servings.

Easy Pear Parfait

Ingredients:

2 cups chopped pears
1 cup low fat yogurt, any flavor
1 cup ready-to-eat breakfast cereal

Directions:

1. In 4 small bowls or cups, layer 1/2 cup pears, 1/4 cup yogurt, 1/4 cup cereal.
2. Serve!

Try your favorite mix of fruit, yogurt and cereal for a quick breakfast or snack!

Makes 4 servings.

Quick Tips

- Chop pears and add to a tossed salad.
- Layer pear slices on cheese and crackers.
- Try sliced pears on a peanut butter sandwich!
- Remember to rinse all fruits and vegetables before using.

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