

# 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.

*This institution is an equal opportunity provider and employer. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689.*

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# The Nutrition Facts Label—What does it tell us?

Recipe name: Pear Brown Betty

<b>Nutrition Facts</b>	
Serving Size: 1/8 of recipe (134g)	
Servings Per Recipe: 8	
<b>Amount/Serving</b>	
<b>Calories</b> 260	<b>Calories from Fat</b> 80
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 2.5g	<b>11%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>9%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 44g	<b>15%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 31g	
<b>Protein</b> 3g	
Vitamin A 2%	Vitamin C 2%
Calcium 8%	Iron 6%
*Percent (%) Daily Values are based on a 2,000 calorie diet.	

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:  
5% or less is LOW  
20% or more is HIGH

