



Pear

Pear and Cheese Sandwich/Quesadilla

4 slices bread, or 2 four tortillas, whole wheat
Thinly sliced pepper jack, sharp Cheddar, or Provolone cheese
1 ripe medium pear
Olive oil

Cover half of the bread or tortilla with thin slices of cheese. Slice pear in half and cut out core, then cut into thin slices. Place pear slices on top of cheese. Top with another thin layer of cheese and other slice of bread or half of tortilla. Heat a skillet over medium heat. Brush bread or tortilla with a small amount of olive oil and heat each side 2-3 minutes until bread or tortilla browns and cheese melts. Serve immediately.

Pear and Celery Salad

Adapted from www.eatingwell.com

2 tablespoons cider, pear, raspberry or other fruit vinegar
2 tablespoons honey
¼ tsp salt
2 ripe pears, preferably red Barlett or Anjou, diced
4 stalks celery, trimmed and sliced into small chunks
½ cup diced cheddar cheese (white extra sharp or regular)
½ cup chopped pecans or walnuts, toasted (see tip)
Pepper, to taste

Pears and cheese are a delicious traditional combo. Pears pair well with cheeses such as cottage, brie, havarti, Cheddar, pepper jack, gorgonzola, blue and goat.

Combine vinegar, honey and salt in a bowl. Whisk until well blended. Add pears and gently stir to coat. Add celery, cheese and pecans; stir to combine. Season with pepper. Serve immediately or chill for up to an hour and then serve. Salad can be served as a side or as a center of a lettuce wrap.

Tips:

- Don't make the salad too far in advance. The vinegar will make the pears go mushy if left on for too long.
- To toast nuts cook them in a small dry skillet, stirring constantly, over medium-low heat. Cook for 2-4 minutes or until the nuts become fragrant and lightly browned.

Yield: 6 servings

Apple Cinnamon Baked Pear

4 ripe pears, preferably Bosc, with stems, washed and dried
2 cups apple juice
¼ cup honey
2 teaspoons ground cinnamon
4 bay leaves
½ - 1 teaspoon orange zest*

Preheat oven to 400°F. Cut a thin slice off of the bottom of each pear so they will stand upright. Place pears evenly around a 9-10 inch pie pan or similar baking dish. Whisk apple juice and honey together until well blended; pour over pears. Add cinnamon, bay leaves, and orange zest to the juice mixture around the pears. Bake the pears for 45-minutes to 1 hour, until the pears are wrinkled and tender, basting pears with sauce every 15 minutes of baking time. Remove pears from baking pan and place in a shallow dessert bowl. Drizzle with the sauce from the pan and serve. Pears can be eaten warm, at room temperature or chilled.

*Be sure to scrub the orange thoroughly before shaving off the zest. Use a vegetable peeler or cheese grater to shave off the zest. Be sure to avoid getting the bitter white pith with the zest.

Pear Slush

Recipe from <http://usapears.com>

1 cup ripe, cored, pared, and coarsely chopped pear, any variety
¼ cup orange juice
2 tablespoons fresh-squeezed lime or lemon juice
1 tablespoon honey
1 cup crushed ice

Place all ingredients in blender container; blend for 45-60 seconds or until smooth. Pour into chilled glass and serve.

Remember to “check the neck” of a pear to test its ripeness. Pears ripen from the inside out and change in skin color is not always an indicator or ripeness. If the neck of the pear yields to gentle pressure it is ripe and ready to eat.

What type of pear do I use?

Best Eaten Raw

Yellow Barlett
Red Barlett

Best for Cooking

Bosc
Anjou
Concorde

FOOD\$ENSE
UtahStateUniversity
NUTRITION, DIETETICS, & FOOD SCIENCES

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 or visit online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>. This institution is an equal opportunity provider and employer.