

Pears



A very versatile fruit, pears can be served raw or cooked and used in salads, soups, and even main dishes. They are a good source of vitamins, minerals, and fiber. Pears also contain a third more potassium than apples, an important mineral for maintaining heartbeat, muscle contraction, and nerve transmission.

Did you know that children who try new healthy foods and are willing to try the food again are more likely to choose these foods? This week we tasted pears that were just washed, sliced, and served...ask your child how she liked them! Here is another way to serve pears.

Poached Pears with Granola

Ingredients:

- 4 medium pears
- 2 cups water
- 2 tablespoons lemon juice
- 1 cinnamon stick or pinch of ground cinnamon
- 1/2 cup granola, optional



Preparation:

1. Cut pears in half and remove the core.
2. Place pears, water, lemon juice, and cinnamon in a microwave-safe bowl.
3. Cover with plastic wrap, venting one corner, and microwave for 5 minutes.
4. Check tenderness and microwave for 3 more minutes, if needed.
5. Chill or serve warm.
6. Sprinkle the pear halves with a few tablespoons of granola before serving.

Developed by the University of California Cooperative Extension.