

Pears

Benefits of pears:



High in vitamin C



High in fiber



High in antioxidants to prevent heart disease and some cancers.

When are they in season?



Harvested from July to December in the U.S.

Food Safety for pears

Check for existing mold.

Store pears in the refrigerator when ripe. To speed up ripening place pears in a paper bag at room temperature.

Separate pears from meat. Use different cutting boards for meats and fruits.

Did you know... Pears used to be called "butter fruit" due to their soft texture.

Resource:

Fruit and Vegetable Safety. (2021, January 05). Retrieved January 06, 2021, from <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>

Moyer, K. (n.d.). 20 Mango Facts. Retrieved January 08, 2021, from <https://blog.ghires.com/20-mango-facts/>

Honey Roasted Pears. (2020, September 25). Retrieved January 08, 2021, from <https://www.coldweathercomfort.com/honey-roasted-pears/>

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Honey roasted pears

Serves 8

Ingredients

- 8 cored and peeled pears
- 8 tablespoons butter
- Salt
- 5 sprigs thyme
- 2 bay leaves
- 1/2 cup honey

Directions

1. Preheat oven to 400 degrees.
2. Peel, halve, and core pears.
3. Place pears on parchment paper.
4. Top each pear with butter and a pinch of salt.
5. Scatter thyme and bay leaves over pears and drizzle with honey.
6. Bake pears, turning every 15 minutes. Cook until golden in color, about 1 hour.
7. Serve.

