

CANNED PEARS 5 WAYS



PEAR PARTY SALSA

- + Canned pears
- + Apple
- + Kiwi
- + Orange
- + Honey
- + Lemon juice
- + Cinnamon graham crackers (optional)

PEAR SALAD

- + Canned pears
- + Salad greens
- + Carrots
- + White vinegar
- + Yogurt (non-fat)
- + Cucumber
- + Orange juice
- + Walnuts
- + Green beans
- + Tomato
- + Raisins



PEAR QUESADILLA

- + Canned pears
- + Flour tortillas
- + Pepper jack cheese
- + Mozzarella cheese
- + Dried basil
- + Onion
- + Olive oil

FROZEN PEAR POPS

- + Canned pears
- + Yogurt (non-fat)
- + Orange juice



COBB SALAD WITH PEARS

- + Canned pears
- + Mesclun mixed greens
- + Parmesan cheese
- + Carrots
- + Walnuts
- + Pear juice
- + Apple cider vinegar
- + Honey
- + Dijon mustard
- + Salt
- + Pepper
- + Olive oil



Find these pear recipes here:
<https://choosemyplate.gov/5-ways-series>

What's Cooking?
USDA MIXING BOWL

