



# Pear

*Lakota: t̥aspáŋp̥estola*

## Pick it!

Choose firm pears with no soft spots and let the pears ripen at home.

Check near the stem daily for ripeness; when the pear yields to gentle pressure, it is ready.

If desired, pears can be stored in a paper bag at room temperature to shorten ripening time.

Once ripe, the pear can be stored in the refrigerator until eaten.



## Try it!

Pears make a great snack right off the counter but can also be used much like apples.

Sliced pears are often used to liven up salads, as a side to sandwiches and as a topping on cereals.

Pears are great baked into cobblers, but also provide great flavor in fruit salsas.

Try sandwiching the fruit slices between graham crackers and peanut butter.

They are tasty glazed, sautéed, poached, and pickled, too.



## Types of Pear

**Bartlett:** Most common, ripens from bright free to yellow

**D'Anjou:** Mild-sweet, multi-use, ripens to creamy green sometimes with red shades

**Bosc:** Large, long neck, multi-use, ripen to greenish yellow with cinnamon-colored tint

## Did you know...

Fiber is provided by skin and pulp of fruits and vegetables. Fiber prevents constipation, helps maintain weight, lowers risk of diabetes and heart disease.

In season:



Fall & Winter

# Like it!

## Broiled Pears

### Ingredients

- Pears (1 pear = 2 servings)
- For each pear half:
  - $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon warmed or softened butter
  - $\frac{1}{2}$  to 1 teaspoon brown sugar
  - Sprinkle of cinnamon
  - Dollop of fat-free vanilla yogurt

### Directions

1. Cut pears in half. Using a spoon, scoop the core out of the pear halves.
2. Using a spoon or butter knife spread a small amount of butter on the pear flesh.
3. Top the butter with the brown sugar using more or less as desired.
4. Bake the pear halves on a baking sheet at 350 degrees F for 7 minutes. Then, if desired, turn on the broiler and let the pear tops caramelize for one more minute.
5. Remove from the pan and top with a teaspoon or two of nonfat or low-fat vanilla yogurt.

1 Pear Yields 2 servings.

#### Nutrition Facts per Serving:

Calories 90; Fat 1.5g; Cholesterol 5mg; Sodium 10mg; Carbohydrates 19g; Sugar 14g; Fiber 3g; Protein 1g

## Breakfast Pear Parfait

### Ingredients

- 2 cups oat circles (cold cereal)
- 1 pear (chopped)
- 1 cup low
- fat vanilla yogurt

### Directions

1. Put 1 cup oat circles into 2 small bowls.
2. Add  $\frac{1}{2}$  of the chopped pears on top of the oat circles.
3. Top each bowl with  $\frac{1}{2}$  cup of low-fat yogurt.

Yield 2 servings

#### Nutrition Facts per Serving:

Calories 460; Fat 12g; Cholesterol 10mg; Sodium 270mg; Carbohydrates 86g; Sugar 51g; Fiber 12g; Protein 10g

Lakota word translated by Jeshua Estes.

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