



**Local**

# PICK OF THE MONTH

October 2015

## Pompous pears

### Recipe

#### Four Fruit Salad

##### Ingredients

- 1 cup seedless grapes
- 1 cup orange, cut into sections
- 1 large apple, cut into slices
- 1 large pear, cut into slices

##### Directions

Toss all ingredients together.

Serving suggestions:

- Serve on lettuce lined plate with a scoop of low-fat cottage cheese and light dressing.
- Serve in glass dish with scoop of sherbet on top.
- Serve in bowl topped with yogurt.

*Yields six servings.*

##### Nutritional Information per serving

76 calories, 3.1g fat, 207mg sodium, 12g carbohydrates, 3g fiber, 2g protein

*Recipe from U.S. Centers for Disease Control and Prevention*

#### What's so great about pears?

- Oregon has several different varieties of pears to enjoy!
- They're a low-calorie, fat-free food
- They're a good source of fiber, potassium and vitamin C

#### What's the best way to eat pears?

- Fresh off the tree
- Ripened and fresh
- Dried, poached or baked
- Fresh in salads



### Selection and preparation

Selection	Storage
<p>Apply gentle pressure to the neck of the pear. It's ripe if the neck is slightly soft.</p>	<p>Once ripe, pears can be stored in the refrigerator for three days.</p>
Preparation	Cooking
<p>Leave the skin on the pear for the most fiber. Slice as desired.</p>	<p>Enjoy fresh or try baking, poaching or grilling your pears.</p>



*Building healthier communities together*



**Check your local grocery store or fruit stand for fresh pears today!**