

Can-Do PEARS



Pear Crumble

Servings: 6

Ingredients

- $\frac{2}{3}$ cup flour
- $\frac{1}{2}$ cup butter or margarine
- $\frac{1}{3}$ cup sugar
- 1 teaspoon cinnamon
- 2 cans (15-ounce) pears in juice, sliced into wedges

Directions

1. Wash hands and surfaces.
2. Preheat oven to 350°F. Grease a 9-inch pie tin.
3. Mix flour, margarine, sugar and cinnamon together in a bowl using your hands until mixture is crumbly.
4. Layer pears in the bottom of the pie tin. Evenly distribute flour mixture over pears.
5. Bake in the preheated oven until topping is light brown, about 40 minutes.
6. Enjoy! Refrigerate leftovers immediately.

Additional cooking tips

- Pears are an excellent source of fiber and vitamins A and C.
- Pears are great for a sweet snack or in desserts. They can also be added to salads and go well with pork.
- If you have leftover canned fruit, put it in a plastic or glass bowl with a lid. Keep in the refrigerator for up to 4 days.

Pear and Sausage Pancakes

Servings: 4

Ingredients

- 1 can (15-ounce) pears in water, drained
- 1 egg, beaten
- ¼ cup milk
- 2 cups pancake mix
- ½ cup sausage (or two sausage patties), browned and crumbled

Directions

1. Wash hands and surfaces. In a bowl, mash pears with fork or potato masher.
2. Add egg and milk to bowl and beat together.
3. Add pancake mix and stir.
4. Stir in cooked sausage. You may need to add a bit more pancake mix if batter seems too thin.
5. Pour batter onto hot griddle. Watch for bubbles to appear in middle of pancakes, then flip.
6. Cook 2 to 3 minutes on each side. Serve with butter and syrup.
7. Enjoy! Refrigerate leftovers immediately.

Suggestions

- You can substitute water for milk if you prefer.
- You could use link sausage cut into small pieces if you don't have ground sausage or sausage patties.





Pear Oatmeal Bread

Servings: 12

Ingredients

- 1 cup quick or rolled oats
- ¼ cup milk
- 2 eggs
- ⅓ cup vegetable oil
- ½ cup sugar
- 1 can (15 ounce) pears, drained and finely chopped or mashed
- 1 ½ cups flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt

Directions

1. Wash hands and surfaces.
2. Preheat oven to 350 degrees F. Lightly grease bottom and sides of an 8- or 9-inch bread pan.
3. In a medium bowl, mix oats, milk, eggs, oil, sugar and pears. Let stand for at least 10 minutes.
4. In a large bowl, stir together the flour, baking powder, baking soda and salt.
5. Add the wet oat mixture to the dry flour mixture and stir gently to combine. Be careful not to overmix.
6. Put the mixture into the pan and spread evenly.
7. Bake a 9-inch loaf for 45 minutes or an 8-inch loaf for 50 minutes or until a toothpick inserted into the center of the loaf comes out clean.
8. Remove from the oven and let cool in the pan for 10 minutes before removing from the pan to cool completely on a rack. Slice to serve.
9. Wrap with plastic or foil to store for several days or freeze for up to a month.



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Chicken and Pear Salad

Servings: 5

Ingredients

- 2 cans (15 oz each) pears, drained and diced
- ¼ cup chopped celery
- ½ cup chopped onion
- ¼ cup raisins
- 1 can (12.5 ounce) chunk chicken, drained and chopped
- ¼ cup low-fat plain yogurt
- 1 tablespoon lemon juice
- Salt & pepper to taste

Directions

1. Wash hands and surfaces.
2. In a large bowl, combine all ingredients. Mix well.
3. Serve now or chill until served.
4. Refrigerate leftovers immediately.



Additional cooking tips

- Try this as a wrap in a tortilla or on top of salad greens.
- Try adding chopped nuts, such as walnuts or almonds.