



Canned Pear Pizza

Servings: 4

Ingredients:

- 1 loaf French or Italian bread
- 1 cup shredded, low-fat mozzarella cheese
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 can (15-ounce) sliced pears in water, drained
- 2 tablespoons Parmesan cheese
- 1 teaspoon ground pepper

Directions:

1. Preheat oven to 400°F. Wash hands and surfaces.
2. Slice bread loaf in half lengthwise and place on a large, ungreased baking sheet. Evenly sprinkle mozzarella cheese and herbs over the bread. Top with sliced pears, Parmesan cheese and pepper.
3. Bake for 10 to 12 minutes or until cheese is melted. Cut and serve!
4. Enjoy! Refrigerate leftovers immediately.

Running out of money for food?

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Additional cooking tips

- If a recipe calls for dried herbs and you would like to use fresh, triple the amount called for in the recipe, as dry herbs are more potent.
- Sugar substitution: 1 cup sugar = 1 ⅓ cups brown sugar or 1 ½ cups powdered sugar

Pear and Sausage Pancakes

Servings: 4

Ingredients:

- 1 can (15-ounce) pears in water, drained
- 1 egg, beaten
- ¼ cup fat-free 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.



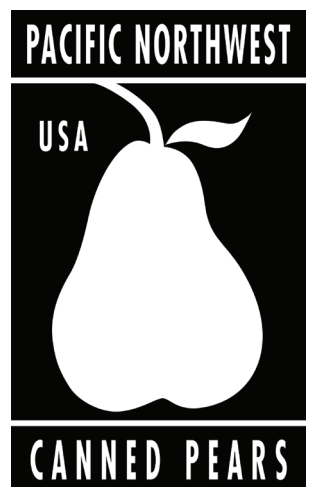
MEASUREMENT EQUIVALENTS:

3 teaspoons	= 1 tablespoon
4 tablespoons	= ¼ cup
5 ⅛ tablespoons	= ⅓ cup
16 tablespoons	= 1 cup
2 cups	= 1 pint
4 cups (2 pints)	= 1 quart
4 quarts (liquid)	= 1 gallon

COOKING TERMS

BEAT: to mix rapidly in order to make a mixture smooth and light by incorporating as much air as possible

DICE: to cut food into small cubes of uniform size and shape



Harvest Casserole

Servings: 6

Ingredients:

- 1 can (15-ounce) pears in water, drained and diced
- 2 cans (16-ounce) new potatoes, sliced and drained
- 1 can (12-ounce) non-fat evaporated milk
- 2 teaspoons cornstarch
- 1 can (8-ounce) peas, drained
- 1 cup Monterrey Jack cheese, shredded
- 2 cups corn flakes, crushed

Directions:

1. Preheat oven to 350°F. Wash hands and surfaces.
2. Pour evaporated milk into a small bowl, mix in the cornstarch, set aside.
3. In a larger bowl, mix together pears, potatoes and milk mixture until well coated.
4. Pour into 2-quart casserole dish. Sprinkle with cheese and peas.
5. Bake uncovered for 30 minutes until heated through.
6. Sprinkle with crushed corn flakes and return to oven for 5 minutes until golden brown.
7. Enjoy! Refrigerate leftovers immediately.

Suggestion:

Serve alongside sliced lean cooked canned ham.

Adapted from Pacific Northwest Canned Pear Service,
<http://www.eatcannedpears.com/>



Cinnamon Pear Compote

Servings: 4

Ingredients:

- 1 can (29-ounce) sliced pears, packed in juice
- 1 teaspoon lemon or lime juice
- 1 tablespoon sugar
- 1 teaspoon cinnamon

Directions:

1. Wash hands and surfaces.
2. Drain liquid from pears and set aside.
3. Dice pear slices into small pieces. Add to saucepan and cook over medium-high heat until thoroughly heated.
4. Add lemon or lime juice, sugar, cinnamon and $\frac{1}{4}$ cup reserved pear juice. Stir continuously until desired consistency. Compote will thicken slightly upon standing. If mixture becomes too thick stir in a little more of the remaining pear liquid.
5. Use to top dishes such as meat, toast, pancakes, etc. or eat as is.
6. Enjoy! Refrigerate leftovers immediately.



Pear Crumble

Servings: 6

Ingredients:

- $\frac{2}{3}$ cup flour
- $\frac{1}{2}$ cup low-fat margarine
- $\frac{1}{3}$ cup white 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.



We hope you enjoy the recipes!

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Each caller will receive a free healthy gift!

For more recipes and physical activity ideas, visit us online at missourifamilies.org.

DAY

4

STORE CANNED PEARS

from an opened can in a covered, nonmetallic container, refrigerate for up to 4 days.

Canned pears maintain quality and nutrition for



Year

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UNIVERSITY OF MISSOURI
 **Extension**

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