

## Pears

### Key Nutrients

- Vitamin C – heals and repairs
- Potassium – important for heart, muscle and nerve functioning
- Fiber - prevents constipation

### Food Group

Adults need about 2 cups of fruit a day. A medium-sized pear counts as about 2/3 cup.

### Storage and Safety

Store unripe pears in a warm place outside of the refrigerator in a fruit bowl or in a paper bag. Check daily for ripeness.

Avoid fruit with bruises and soft spots.

Store ripe pears in the coldest part of the refrigerator.

### Preparation and Cooking

Pears may be used any way you use apples: fresh, pear sauce, and dried pears – they are all delicious! Be sure to wash pears before eating or preparing.

How do you know if pears are ripe? Gently press near the stem with your thumb. When it gives to gentle pressure it is ripe, juicy and ready to eat. If you wait until the pear is soft around the middle chances are it will be overripe.

To keep cut pears from browning, sprinkle with lemon juice.

### Uses and Tips

Here are some ways to use pears in meals:

- add fresh, sliced pears to salads
- add fresh or dried pear pieces to quickbreads, muffins and coffee cake
- make pear jam, pear chutney, or pear butter
- pears bake, poach, sauté, roast and grill very nicely

---

Source: Anne Hoisington, OSU Extension. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>