

“Pear” fectly Delicious

Nutrition Notes by Jeannine

It is September already! I hope you have a chance to go to our local Farmers’ Markets. Right now, they are packed with so many varieties of fruits and vegetables! I love going to Farmers’ Markets because I can support local farmers and eat nutritious foods at the same time.

One of the fruits I like buying at the Farmers’ Markets are pears. They come in a wide range of varieties. It can be tricky to decide which types of pears to buy. I wanted to share with you information about several types of pears that you can find at Farmers’ Markets. They include Bartlett, Bosc, Seckel, Comice, Red Pear, Forelle, and Sunsprite.



A good way to prevent pears from turning brown is to add lemon juice on the flesh.

Here’s a quick and simple recipe to try that includes pears. Enjoy!

Chicken and Pear Salad

2 cups diced **pear** (fresh or canned)

¼ cup chopped **celery**

½ cup chopped **onion** (try sweet onion)

¼ cup **raisins**

1 cup diced **cooked chicken**

2 Tablespoons low-fat **plain yogurt**

2 Tablespoons **mayonnaise**

⅛ teaspoon **salt**

1 dash **pepper**

1 Tablespoon **lemon juice**

Directions

1. Wash hands with soap and water.
2. In a large bowl, combine all ingredients. Mix well. Serve now or chill until serving time.
3. Refrigerate leftovers within 2 hours.

Notes

- Try this as a wrap in a whole wheat tortilla.
- Try adding chopped nuts, such as walnuts, pecans or hazelnuts.

There are many reasons to eat pears. Pears offer a lot of nutritional benefits. They are a great source of fiber, both soluble and insoluble. One medium-size pear offers 6 grams of fiber. They contain many vitamins and minerals, including calcium, potassium, vitamin C, and vitamin A.