



COOKING WITH

PEARS

ABOUT PEARS

- Towns with an abundance of pear trees often included the word Perry in the name of the town.
- They were given the nickname "butter fruit" in the 1700s because of their soft, buttery texture.
- The Bartlett is the most popular variety of pear in the United States.

EXTENDING THE SHELF LIFE OF PEARS

- Keep unripe pears at room temperature; refrigerate once ripened. If you store pears in the freezer, they can last up to almost a year. If you can the pears and store them in your pantry, they can remain fresh for 1-2 years.

MASHED SWEET POTATOES & PEARS

SOURCE: whatscooking.fns.usda.gov/recipes/food-distribution-fdd/mashed-sweet-potatoes-and-pears

INGREDIENTS

- 2 cans low-sodium sweet potatoes, drained and chopped (about 15 ounces each)
- 1 can pears, drained (about 15 ounces)
- ⅓ cup brown sugar, packed (or ⅓ cup regular sugar)
- ¼ cup margarine (softened)
- ¼ teaspoon cinnamon

INSTRUCTIONS

1. Place sweet potatoes in a large mixing bowl. Add pears, sugar, margarine, and cinnamon and mix until combined. Mash completely using a fork.
2. Place in microwave-safe dish with lid and heat on high for about 4 minutes, stir.
3. Heat on high for another 1 to 3 minutes or until heated evenly.

Nutrition Facts

Amount Per Serving

Calories 230

% Daily Value*

Total Fat 6g

Saturated Fat 1g

Cholesterol 0mg

Sodium 95mg

Potassium 0mg

Total Carbohydrates 44g

Dietary Fiber 4g

Sugars 21g

Protein 1g

Vitamin A 545 mcg RAE

Vitamin C 12mg

*Based on a 2,000 calorie diet



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