

# 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
- Two 15-ounce cans 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. In a bowl, use your hands to mix flour, margarine, sugar and cinnamon together 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 four days.

## ***Pear and Sausage Pancakes***

Servings: 4

### **Ingredients**

- One 15-ounce can 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 2-3 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
- One 15-ounce can pears, drained and finely chopped or mashed
- 1½ cups flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt

### **Directions**

1. Wash hands and surfaces.
2. Preheat oven to 350 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.



Funded in part by USDA SNAP.  
For more information, call MU Extension's  
Show Me Nutrition Line at 1-888-515-0016.  
Need help stretching your food dollars?  
Contact your local resource center or go  
online to [mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance)

## *Chicken and Pear Salad*

Servings: 5

### Ingredients

- Two 15-ounce cans pears, drained and diced
- ¼ cup chopped celery
- ½ cup chopped onion
- ¼ cup raisins
- One 12.5-ounce can chunk chicken, drained and chopped
- ¼ cup low-fat plain yogurt
- 1 tablespoon lemon juice
- Salt and 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.