



HEALTHY RECIPES

THE HOME COOK BOOK



*for
kids!*

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BY REGISTERED DIETITIANS
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HELLO &

Welcome

We are so excited you downloaded this helpful eating & recipe guide featuring USA Pears. Christina and Elis are registered dietitians in Canada and moms who have put a lot of thought into creating 10 nutrient dense recipes that kids can help make and the whole family can enjoy. In this e-book you will find healthy eating guidelines for youth aged 8-11, including how to use The Plate Method for meal planning.



We've also included a How-To section to support kids participation in making the recipes, including diagrams and visual guides, followed by some helpful Kitchen Vocabulary and our Secrets for Success in the kitchen. As registered dietitians we know how common food allergies are so we've included an Ingredient Substitution list for priority allergens so everyone can enjoy these recipes. We hope your family enjoys these 10 delicious, nourishing meals and snacks with USA Pears as much as ours do!

MEET THE

Pear Family

The recipes in this ebook feature common varieties of USA Pears that you can easily find at your local grocer almost all-year round! Shown here are a few of the more than ten varieties from USA Pears

SWEET AND SLIGHTLY TANGY



The Red Anjou is juicy with a fresh, sweet and slightly tangy flavor; generally available from November to July

THE CRISPY AND WOODSY PEAR



The Bosc pear is crispy and woodsy with a honey-like sweetness; generally available from October to April

THE SIGNATURE AND POPULAR PEAR



The Bartlett pear is the most popular in Canada and USA, generally available from August to February. They have a sweet flavor and are juicy.

SWEET WITH A HINT OF CITRUS



The Green Anjou is sweet and juicy with a hint of citrus; generally available from November to July

THE TABLE OF

Contents

Healthy Eating for Kids	6-7
Kitchen Secrets for Success	8-9
Helpful Kitchen How-Tos	10-14
Allergen Friendly Cooking Substitutes	15-16
Age-Appropriate Cooking Tasks for Kids	17
Spiced Air-Fryer Pear Breakfast Cake	18-19
Vegan Pear Oatmeal Muffins	20-21
Pear and Pork Wonton Bowls	22-23
Pear Falafels with Tahini Sauce	24-25
Pear Slaw	26-27
Pear, Quinoa & Rotisserie Chicken Salad	28-29
Turkey Meatball Sliders with Cranberry Pear Sauce	30-31
Pear Grilled Cheese	32-33
Pear and Mango Lassi	34-35
Caribbean Inspired Bread Pudding	36-37
No Bake Greek Yogurt Pear Tart with Biscoff Cookie Crust	38-39



Healthy Eating for Kids

AGED 8-11

Healthy eating is important because it will give you the energy your body needs to grow. It also helps you pay attention at school and gives you energy for your extracurricular activities. Eating well at a young age will also help keep you healthy as an adult.

It's important to eat a variety of foods, like fruits, vegetables, whole grains and dairy, so your body has what it needs to grow and be healthy.

Vegetables, fruit, protein, grains and dairy are food groups that are part of a healthy plate.

You can use The Healthy Plate Model as a guide for how to set up your plate.

HOW TO USE THE PLATE METHOD

- Try to fill half of your plate with colorful vegetables and fruit.
- Split the other half between whole grains and protein foods.
- Have a glass of water or milk with your plate.

THE PLATE METHOD



Healthy Eating for Kids

AGED 8-11

HOW TO USE THE PLATE METHOD

VEGETABLES & FRUIT

- Vegetables and fruits are full of vitamins and minerals that keep your body healthy.
- Eat a variety of fruits and vegetables daily and include different colors such as green, orange, and red.

GRAINS

- Grains are in foods like breads, pasta and rice.
- Whole grains have all parts of the grain seed and are less processed.
- Whole grains are foods like brown rice, oatmeal, whole wheat pasta, whole grain bread and whole grain crackers.
- Whole grains have more fiber.
- Try to make at least half of the grains you eat whole grains.

WATER

- Your body needs water to survive. Water helps your body do all the jobs it needs to do to keep you healthy.
- Water is found in any liquid you drink and in some foods too, like a juicy pear or tomato.
- Choose water as your drink of choice most of the time. Milk is also a healthy option.
- Drink water when you feel thirsty and extra water when you play sports or are playing outside on a hot day.

PROTEIN

- Protein is found in many foods, including beef, chicken, fish, eggs, nuts and seeds, beans and peas, lentils, tofu, and milk, yogurt and cheese.
- Protein is important because it builds your muscles, skin and other tissues in your body!
- Try to eat a protein-rich food at each of your meals.

Kitchen Secrets FOR SUCCESS

SLICE To slice means to cut a food into thin pieces of the same size. You can cut fruits, vegetables and foods like bread or cheese into slices.

CHOP To chop means to cut foods into smaller pieces, usually using a knife and cutting board. You can cut whole vegetables into smaller pieces for a salad.

BOIL To boil means to heat a liquid until it is very hot and large bubbles appear on the surface. You boil water to make pasta.

PINCH To pinch means to pick up how much food you can using the pinching motion with your index finger and thumb. You can pinch spices such as salt, pepper, etc.

LAYER To layer means to pour or place one ingredient, then place another ingredient on top. You layer ingredients in a grilled cheese and pear sandwich such as putting the cheese on the bread, followed by the slices of pears.

JUICE To juice means to remove the juice or liquid from a fruit or vegetable. You can squeeze lemon juice from a lemon.

MELT To melt means to heat a solid food until it becomes liquid. You can melt butter or cheese on the stovetop or microwave.

WHISK To whisk means to mix ingredients together with quick strokes until they are combined. You whisk eggs together before cooking them.

PEEL To use a vegetable peeler means to run the blade of the peeler on the outside of the vegetable or fruit to remove the outer layer or skin. So you can use the peeler to remove the outside of a pear, potato, carrots, apples, etc.

MISE EN PLACE Mise en Place is a French term for getting all your ingredients and equipment ready for a recipe before you start cooking. If you are making an omelet that has peppers, eggs, and onions, then you would chop the pepper, whisk the egg, and dice the onion beforehand. Afterwards, you put all the pieces together while cooking, making the process easier.

Kitchen Secrets FOR SUCCESS

BEFORE YOU GET STARTED

1. READ THE DIRECTIONS CAREFULLY

- Read the recipe thoroughly before you start preparing the ingredients and cooking.
- Follow the recipe step-by-step.
- Make sure you understand what you are supposed to do in each step. If not, ask a parent or adult supervisor for help.

2. SET UP YOUR KITCHEN

- Gather your supplies needed for the recipe e.g., pots, pans, cooking utensils, bowls etc.
- Prepare all of the ingredients and put them into separate bowls.
- Wash and cut the fruits and vegetables.
- Gather all your spices .
- If you are baking, measure the dry and wet ingredients (see our “how-to” for how to properly measure dry and wet ingredients).

3. TAKE YOUR TIME AND BE SAFE

- Make sure you have enough time to prepare your recipe. If you are in a hurry, you may be more likely to make a mistake.
- Be safe and have fun! Always have parent supervision when using the stove and practice safe knife handling skills (see our how-to guide for expert tips).
- A clean space will help stop germs from getting into your food which can make you sick!
- Always wash your hands with soap and water before, after and during cooking.
- When you are done cooking, wash your cutting boards and countertop with soap and warm water.

4. KNOW WHEN TO ASK FOR HELP

- Be sure to ask for support if you need it.
- Sometimes cooking mistakes happen. That’s just part of the process!

Helpful How-To's

FOR COOKING WITH PEARS

HOW TO PEEL PEARS:



HOW TO GRATE PEARS:

1. Hold the pear in one hand.
2. Hold the grater in the other hand.
3. Slowly push the pear back and forth against the holes of the grater.
4. Stop rubbing when your fingers are almost touching the grater and most of the pear is grated into a pile.
5. Safety tip: the small holes on the grater are sharp, so be careful not to touch the sharp edges!

You can peel a pear with a vegetable peeler.

How to peel a pear:

1. Hold the pear in one hand.
2. Hold the peeler in the other hand.
3. Start peeling in slow movements away from your hand.
4. Repeat until all the skin is gone.



Helpful How-To's

FOR COOKING WITH PEARS

HOW TO DICE A PEAR:



1. Put the whole pear on the cutting board and gently hold it in place with one hand.
2. Hold the knife in the other hand.
3. Slowly and carefully cut the pear in half lengthwise.
4. Then core the pear. To **core** means to remove the seeds and rough parts of the pear.
5. When the pear is cored, take one half of the pear and lay it flat side down on the cutting board.
6. Make a cut through the half of the pear, parallel to the cutting board.
7. Hold the two cut pieces together.
8. Then cut them into slices vertically. Not too small. About 4-8 slices.
9. Then turn the pear so the slices are now sideways.
10. Repeat step 8.
11. Now you will have small cubes of pear!
12. Repeat with the other half.

HOW TO JULIENNE A PEAR:

Put the whole pear on the cutting board and gently hold it in place with one hand.

1. Hold the knife in the other hand.
2. Slowly and carefully slice the pear into thin slices, starting at one end of the pear. It will look like thin sliced circles.
3. Keep slicing until you hit the seeds in the pear.
4. Then, stack a few of the circle slices on top of each other face down on the cutting board.
5. Cut the stacked circles into thin narrow strips. The pear will look like thin sticks.
6. Now put the flattest part of the pear face down on the cutting board and repeat.
7. Repeat until the whole pear is done!



Helpful How-To's

FOR COOKING WITH PEARS

HOW TO FOLD A SQUARE DUMPLING



HOW TO FOLD A ROUND DUMPLING

How to fold a dumpling using circle wrappers:

1. Place a circle dumpling wrapper in the palm of your hand.
2. Add a small amount of the filling to the middle of the wrapper. Please don't overfill or the dumplings might open when cooking!
3. Dip your fingers lightly in some water and run your fingers around the edges of the wrapper.
4. Then, fold the dumpling wrapper in half. It will look like a half moon shape.
5. Now, pinch the edges of the fold together to close the opening.
6. Repeat!

How to fold dumplings using square wrappers:

1. Place a square dumpling wrapper in the palm of your hand.
2. Add a small amount of the filling to the middle of the wrapper. Please don't overfill or the dumplings might open when cooking!
3. Dip your fingers lightly in some water and run your fingers around the edges of the wrapper.
4. Then, take one corner of the square and fold it to meet the opposite corner.
5. Now, pinch the edges of the folds together to close the openings.
6. Repeat!

Helpful How-To's

FOR COOKING WITH PEARS

HOW TO MEASURE INGREDIENTS FOR BAKING (LIQUIDS VS. SOLIDS)

Measuring ingredients is important because too much or too little of an ingredient can change the taste of a recipe or cause it to cook improperly.

Dry Ingredients

- When baking, dry ingredients include ingredients like flour, baking powder, baking soda, sugar, and salt.
- Dry ingredients are measured in dry measuring cups.
- Dry measuring cups are small plastic or metal cups with handles that come in different sizes.
- Look at your recipe to see how much of each dry ingredient you need.
- Then dip the measuring cup into the dry ingredient and scoop it into the cup.
- Take away the extra by sweeping a butter knife over the measuring cup.
- There should be a level amount of the ingredient in the measuring cup.



Liquid Ingredients

- When baking, liquid ingredients are things like milk, water and oil.
- Liquid ingredients are measured in a liquid measuring cup.
- Liquid measuring cups are bigger cups with handles and measuring lines on the side.
- Look at your recipe to see how much of the liquid ingredient you need.
- Set the liquid measuring cup on the table or counter.
- Look and find the measuring line you need.
- Pour the liquid ingredients into the measuring cup until it hits the measuring line.



Helpful How-To's

FOR COOKING WITH PEARS

HOW TO CRACK AN EGG



1. Tap the egg in the middle against a plate or bowl with a medium amount of force until a crack across the middle appears. You can also crack the egg directly on a counter-top.
2. Use your thumbs to insert them into the crack and pull each half away over a bowl, dropping the egg safely into the center.

HOW TO CRUSH COOKIES TO MAKE CRUMBS/CRUST FOR A FRUIT TART

Rolling Pin:

1. Put the cookies into a large ziploc plastic bag.
2. Use a rolling pin to pound and roll over the cookies until they are broken up into very small crumbs.



Food Processor:

If you have a food processor:

1. Put the cookies into the food processor.
2. Lock the lid into place and press start.
3. Stop the food processor when the cookies are broken up into very small crumbs.

ALLERGEN FRIENDLY

Cooking Substitutes

DAIRY SUBSTITUTES

Substitute equal measurements of dairy free choices for cheese, yogurt, butter and milk in these recipes.

- Butter = Plant-based butter
- Yogurt = Coconut yogurt or other dairy-free options
- Cheese = Coconut, pea protein or nut-based vegan cheeses
- Milk = Coconut, soy, almond, oat or any other of your favorite dairy alternatives

EGG SUBSTITUTES

Many recipes for baked goods call for eggs. Luckily there are a few egg-free options that act as a recipe binder and keep recipes moist and delicious. To replace 1 egg, try any of these options:

- Nut butter or seed butter = Use $\frac{1}{4}$ cup.
- Applesauce = Use $\frac{1}{3}$ cup.
- Pumpkin puree - Use $\frac{1}{3}$ cup.
- Flaxseed egg = Combine 1 tablespoon of ground flaxseed with 3 tablespoons of water. Let the mixture sit for 10 minutes, or until thickened, before adding it to the recipe.
- Chia seed egg = Combine 1 tablespoon of chia seeds with 3 tablespoons of water. Let the mixture sit for 10 minutes, or until thickened, before adding it to the recipe.
- Mashed banana = Use $\frac{1}{4}$ cup of mashed banana

NUT & NUT BUTTER SUBSTITUTES

For recipes that use nuts or nut butters, you can substitute equal measurements of some alternatives.

- Nuts: sunflower seeds, hemp hearts or pumpkin seeds (be sure to check the food label to make sure they are nut free if there is an allergen concern. Sometimes cross contamination can happen in facilities that process seeds.)
- Nut Butter: sunflower and pumpkin seed butter

ALLERGEN FRIENDLY

Cooking Substitutes

SOY SUBSTITUTES

If you are sensitive to soy sauce, try substituting with coconut aminos instead. For recipes that call for tofu, you can try making a chickpea-based version, also called Burmese tofu.

WHEAT FLOUR SUBSTITUTES

If you are sensitive to gluten, below are some guidelines for some alternative choices. Keep in mind some options are better for baking and others work better as thickeners in cooking.

For 1 cup of wheat flour, use any of these options:

- Use equal measurements of gluten free baking flours available at your local grocery store.
- $\frac{3}{4}$ -1 cup of almond flour.
- $\frac{1}{4}$ cup of coconut flour, plus $\frac{1}{4}$ cup of an egg or an egg substitute.
- $1\frac{1}{3}$ cups of oat flour for 1 cup of wheat flour.

AGE APPROPRIATE *Cooking Tasks for Kids*

Age Range (Years)	2-3	3-5	5-7	7-9	9+
Cooking Tasks	Washing fruits and vegetable	Stirring and mixing	Sprinkling and rubbing	Weight and measuring ^d	Stirring and mixing ^a
	Tearing	Mashing	Breading, flouring and dipping	Using a grater ^b	Cutting, chopping and slicing ^b
	Kneading and mixing with hands	Spooning	Picking and podding	Using an oven or microwave ^{a,d}	Using scissors ^b
	Using a rolling pin	Cutting, chopping and slicing	Greasing	Using a can opener ^b	Using a peeler
	Using a cookie cutter	Spreading and buttering	Peeling with fingers	Crushing and pounding	Weighing and measuring ^d
	Rolling mixtures into balls	Using scissors and peeler ^b	Skewering ^b	Pouring from a container	Using an oven or microwave ^{a,d}
	Squeezing	Scrapping down a bowl		Draining	Using a can opener ^b
	Breaking vegetables into pieces	Brushing oil with a pantry brush		Using a hand mixer ^c	Using a hand mixer ^c
				Shaking liquids in a sealed container	
		The motor skills categorisation of cooking skills is sequential, i.e. older children have the motor skill capacity to accurately perform the skills of the younger children as well as the more complex skills aligned to their age range (Gerber et al., 2010; Payne & Isaacs, 2017; Rosenbloom & Horton, 1971). Superscript letters represent cooking skills that may need to be considered in an older age range due to additional developmental requirements: a –safety risk, potential for burns b –safety risk, sharp instruments or blades c –safety risk, other d –requirement of numeracy/literacy skills.			

SPICED AIR-FRYER

Pear Breakfast Cake



This light and fluffy cake is a perfect weekend breakfast. It is a cross between a muffin and a sheet-pan pancake, and baking it in the air-fryer means it cooks quickly- in just 15 minutes or less! It is nutritious enough to eat for breakfast or as an after-school snack with yogurt or a glass of milk. Made with whole wheat flour, warming spices, and lots of fresh pears, this cake is nutritious and delicious.





SPICED AIR-FRYER

Pear Breakfast Cake


SERVING
6


PREP
15
MINS


COOK
15
MINS

INGREDIENTS

- 1 ½ cups (180g) whole wheat flour
- 1 ½ tsp (7.5mL) baking powder
- ¾ tsp (3.75mL) cinnamon
- ¼ tsp (1.25mL) cardamom
- ¼ tsp (1.25mL) ginger
- 1 egg
- ¼ cup (60mL) canola oil or cooking oil
- ¼ cup (60mL/50g) brown sugar
- ¾ cup (175mL) milk
- ¼ tsp (1.25mL) almond extract (optional)
- 1 Bosc or Anjou Pear, cored and chopped
- ¼ cup (1 oz/30g) slivered almonds for topping (optional)

*If you don't have an air-fryer, you can bake the cakes in the oven at 350°F (177°C) for 20 minutes or until lightly brown on the top and a toothpick inserted comes out clean.

Notes: If you have an almond or tree nut allergy, omit the almond extract and slivered almonds and top the cake with hemp hearts, pumpkin seeds, or sunflower seeds if desired.

DIRECTIONS

Line the bottom of two 6-inch round cake pans with parchment paper and lightly grease the sides with oil.

Combine the whole wheat flour, baking powder, cinnamon, cardamom, and ginger in a bowl and mix to combine.

Combine the egg, oil, brown sugar, milk, and almond extract in another bowl and mix with a fork or whisk to combine.

Add the dry ingredients to the wet and mix until almost combined.

Add the chopped pears and gently fold them into the mixture. Be careful not to overmix the cake so it doesn't become dry.

Top the cakes with slivered almonds.

Preheat the air-fryer to 325°F (162°C). Bake the cakes one at a time for 13-15 minutes until the top is lightly brown and the cake is cooked through. To ensure the cake is cooked through, insert a toothpick into the center. If the toothpick comes out clean, the cake is done.

Cool for 10 minutes in the pan. To remove the cake, run a knife along the edge of the pan and turn the cake out. Cool for an additional 5 minutes and serve warm with a side of yogurt, a glass of milk, and sliced pears.

TIPS



VEGAN PEAR
*Oatmeal
Muffins*

Baked pear oatmeal muffins make an easy-on-the-go breakfast or snack. Made with the goodness of pears, bananas, oats, whole wheat flour, and chia seeds, these muffins add fiber to your morning meal and taste great. Spread some peanut or almond butter on them for some nutty flavor and more healthy fat. This recipe is also vegan and perfect for anyone who follows a plant-based diet.



VEGAN PEAR

Oatmeal Muffins



SERVING

12



PREP

15

MINS



COOK

30

MINS

INGREDIENTS

- 1 large ripe banana, peeled
- 2 Bosc Pears, grated
- 1/3 cup (80ml) maple syrup
- 1/2 cup (125mL) canola oil or cooking oil
- 1 cup (100g) rolled oats
- 1 cup (120g) whole wheat flour
- 1 tsp (5mL) salt
- 1 tsp (5mL) baking soda
- 1 tsp (5mL) cinnamon
- 1 tbsp (15mL) chia seeds
- 1/3 cup (4oz/113g) mini dairy-free white chocolate chips

DIRECTIONS

Preheat oven to 325°F or 162°C. Lightly grease a muffin pan with cooking oil spray or insert muffin liners.

Into a medium mixing bowl, add the banana and grated pear. Mash them together using a potato masher or fork until there are no chunks.

Add the maple syrup and oil. Mix together using a fork to combine.

Add the oats, whole wheat flour, salt, baking soda, cinnamon, chia seeds, and white chocolate chips into the mixture and mix until combined.

Spoon the mixture evenly into each muffin cup. Let it settle or gently bang/shuffle it on the counter to remove any air bubbles and to make sure it is evenly spread in the pan.

Bake in a preheated oven on the middle rack for 30 minutes or until a toothpick comes out clean (toothpick can have crumbs but should be dry).

Let the muffins cool in the pan for 5 minutes. Enjoy now or save for later!



PEAR AND PORK

*Wonton
Bowls*



Pear and pork wonton bowls are so fun to make and kids will love folding the dumplings. The dumplings are filled with seasoned pork and pear filling and are inspired by traditional Chinese dumplings. Serve with cooked rice and pear slaw for a complete meal the whole family will love.





PEAR AND PORK

Wonton Bowls



SERVING
40
DUMPLINGS



PREP
45
MINS



COOK
10
MINS

INGREDIENTS

½ lb (250 g) lean ground pork, about 1 cup/250 mL

1 Anjou Pear, grated

½ cup green onions, chopped

1 Tbsp (15 mL) soy sauce

1 tsp (5 mL) minced garlic

1 tsp (5 mL) grated fresh ginger

1 tsp (5 mL) sesame oil

1 tsp (5 mL) salt

3 Tbsp (45 mL) plum sauce

2 Tbsp (30 mL) grainy mustard

½ Tbsp (15 mL) rice wine vinegar

40 wonton or dumpling wrappers

Optional: brown rice or your favorite rice for serving

Pear Slaw (see recipe on page 27)

DIRECTIONS

Add all ingredients (except wonton wrappers) into a medium mixing bowl and mix thoroughly using clean hands to combine.

Using a spoon, portion out the mixture (~1 ½ tsp or 7mL) and place onto a flat wonton wrapper. Moisten the edges of the wonton wrapper with water. If you are using a round wrapper, fold the wrapper in half so it looks like a half moon shape. If using square wrappers, fold all edges to meet in the middle, forming a 4-cornered hat (see page 12 for details and pictures on how to fold dumplings)

If you are cooking the wontons at a later time, place them in a single layer in waxed paper-lined sealable containers and refrigerate or freeze until required. If cooking now, spray the rack of a bamboo steamer or metal vegetable steamer with cooking oil spray and place wontons on a rack over boiling water. Cover and steam for 10 minutes or until the pork filling is cooked through.

While wontons are steaming, prepare the side slaw. Serve wontons hot with pear slaw on the side, rice, and dip wontons in plum or soy sauce.



PEAR FALAFELS
*With Tahini
Sauce*

These are a spin on traditional falafels made with chickpeas, herbs, and grated pears. They are baked instead of fried for a healthier option. Serve over whole wheat pita and pear slaw for a complete meal. Kids will love preparing and eating this recipe. They are vegan and gluten-free.



PEAR FALAFELS

With Tahini Sauce



SERVING
6
4 PER SERVING



PREP
20
MINS



COOK
30
MINS

INGREDIENTS

Falafel

1 540mL (19 oz) canned chickpeas, drained and rinsed

¼ cup (60mL/4g) cilantro

½ lemon, juiced

2 tbsp (30mL) tahini

1 tsp (5mL) cumin

1 Anjou Pear, washed and grated

Salt to taste

TAHINI SAUCE

½ cup (125mL) tahini

¼ cup (60mL) lemon juice

3 tbsp garlic (45mL), minced

¼ cup (60mL) water

salt/pepper to taste

DIRECTIONS

Preheat oven to 375°F or 190°C. Line a 9 by 12-inch sized baking tray with parchment paper.

Add the chickpeas, cilantro, lemon juice, tahini, and cumin into the food processor and pulse until ingredients are combined and minced. Add grated pear into the food processor with the other ingredients and pulse 1 to 2 times to combine.

Put the falafel mixture into a medium-sized mixing bowl. Form the mixture into balls using a spoon and/or hands (~1.5" in size). Place falafel balls on a lined or greased baking tray. Bake for 15 minutes on each side. Falafels will seem more moist than other recipes. This is okay as they will dry out in the oven.

While the falafels are baking, prepare the tahini sauce. Add tahini, lemon juice, minced garlic, and water into a small mixing bowl and mix using a spoon or whisk. Add salt and pepper as desired and mix to combine. Add 1 tsp (5mL) of water at a time if the sauce is too thick.

Serve warm falafels on top of a whole wheat pita. Drizzle tahini sauce over falafels and top with a side of pear slaw, enjoy!



PEAR
Slaw



Pear slaw goes with so many recipes and is a simple salad to prepare. The combination of sweet and savory is pear-fect. A simple dressing made with olive oil, lime juice, and a touch of maple syrup brings it all together.





PEAR

Slaw



SERVING
40
DUMPLINGS



PREP
45
MINS



COOK
10
MINS

INGREDIENTS

- 1 Anjou Pear, washed and cut fine julienne
- 2 carrots, cut fine julienne
- 1 cup (150mL) cabbage, shredded
- 3 tbsp (45mL) olive oil
- 2 tbsp (30 mL) lime juice
- 1 tbsp (15mL) maple syrup
- 1 Tbsp of cilantro (optional)
- Salt to taste

DIRECTIONS

To a medium mixing bowl add the pear, carrots, and cabbage and mix together to create the slaw.

To a small mixing bowl add the olive oil, lime juice, maple syrup and cilantro. Mix using a spoon or whisk. Add salt to taste.

Add dressing to the slaw and mix until combined.

Serve with Pear Falafels, Pear, and Pork Wonton Bowl, as a side with grilled cheese or any other dish!



PEAR, QUINOA &
Rotisserie Chicken
Salad

This salad is a healthy and complete meal with protein, fiber, and healthy fats that is sure to satisfy everyone in the family's appetite. It is a quick and easy weeknight meal or works great for meal prep to put in school or work lunches. Best of all, when stored in an airtight container, it keeps in the fridge for 2-3 days.



PEAR, QUINOA &

Rotisserie Chicken Salad


SERVING
4-6


PREP
20
MINS


COOK
15
MINS

DIRECTIONS

Cook the quinoa according to package directions and let cool slightly.

In a large bowl, combine the salad ingredients.

In a measuring cup or mason jar, combine all the dressing ingredients and shake or mix well with a fork.

Add the dressing to the salad and toss to combine.

Serve immediately or refrigerate for 2-3 days for weekday lunches.

INGREDIENTS

- 1 cup (250mL) quinoa
- 4 cups (120g/4oz) baby spinach or your favorite salad greens
- 1 rotisserie chicken, shredded
- $\frac{3}{4}$ cup (3oz/ 175mL) crumbled feta cheese
- $\frac{1}{4}$ cup (60mL) thinly sliced red onion (optional)
- 2 Red Anjou Pears, chopped
- Sliced radishes

DRESSING

- $\frac{1}{4}$ cup (60mL) extra virgin olive oil
- 3 tbsp (45mL) apple cider vinegar
- 1 tbsp (15mL) maple syrup
- 1 tsp (5mL) grainy Dijon mustard
- Pinch of salt and pepper

TURKEY MEATBALL SLIDERS *with cranberry pear sauce*

These turkey meatball sliders are perfect for fall. Kids love meatballs and sliders are the perfect size for kids. This cranberry-pear sauce also makes a great accompaniment to your Thanksgiving turkey. The meatballs are moist thanks to the addition of a grated pear. The thyme adds a great herby flavor that pairs well with the cranberry-pear sauce. Using oats as the binder instead of breadcrumbs is a gluten-free option for those with allergies.



TURKEY MEATBALL SLIDERS

with cranberry pear sauce



SERVING
12
SLIDERS



PREP
15
MINS



COOK
30
MINS

INGREDIENTS

Cranberry sauce:

- 2 cups (500ml/220g) cranberries, fresh or frozen
- 1 Bartlett Pear, peeled, cored and chopped
- 1 orange, zested and juiced
- 1 tbsp (15mL) granulated sugar
- ¼ (60mL) cup water

Turkey Meatballs:

- 1lb (454g) extra lean ground turkey
- ¼ cup (25g) quick oats*
- 1 egg
- 1 Red or Green Anjou Pear, grated
- ½ tsp (2.5mL) dried thyme
- ¼ (1.25mL) tsp salt
- 12 Whole wheat slider buns
- Sliced gouda cheese (or your favorite melting cheese – cheddar, Brie, or fontina would all work well)

DIRECTIONS

To make the cranberry sauce:

Combine all the ingredients in a medium-sized saucepan over high heat. Cover and bring to a boil. Reduce heat to low and let the sauce simmer for 15 minutes, stirring occasionally. Cook until the cranberries have burst and the pears are very soft. Turn off the heat. Mash the sauce with a fork to break up any larger pieces of pear. Allow to cool for 10 minutes so the sauce can thicken.

To make the meatballs:

Preheat the oven to 400°F. Combine all the meatball ingredients in a mixing bowl and stir until just combined.

Using a spoon or small cookie scoop, shape the mixture into meatballs about 1.5 inches in diameter and place on a parchment or silicone sheet-lined baking tray.

Bake for 18 minutes or until the turkey is cooked through and no longer pink.

Assemble the sliders: Toast the slider buns (if desired). Place a piece of gouda on one or both sides of the bun. Add a little bit of the cranberry sauce and then a meatball. Top with the other half of the bun and enjoy.

TIPS

*Be sure to use certified gluten-free oats if needed for allergies/intolerances

A hand is holding a triangular grilled cheese sandwich with melted cheese oozing out. The sandwich is on a white plate. In the background, there is another plate with a sandwich. In the foreground, there is a bowl of pear slaw and a whole pear.

PEAR *Grilled Cheese*

Pears and cheese are a pear-fect combination! This grilled cheese is a perfect easy weekend lunch or after-school snack for kids and will give them the energy they need to fuel after-school sports or activities and hold them over until dinner. Best yet, most kids aged 11+ can make this simple recipe themselves*. Serve the sandwich with pear slaw or fresh vegetables for a complete meal.



PEAR

Grilled Cheese


SERVING
1
SANDWICH


PREP
5
MINS


COOK
10
MINS

INGREDIENTS

- 2 slices of whole-grain bread
- 2 slices cheddar cheese (you can also use gouda, mozzarella, or marble cheddar depending on your preference)
- 2 slices turkey (optional)
- 1 Red or Green Anjou Pear, cored and sliced
- 1 tsp of olive oil for cooking

DIRECTIONS

Place the cheddar cheese and turkey (if using) on one slice of bread. Add slices of pear. Top with the second slice of bread.

Heat a frying pan or grill pan over medium heat. Add the olive oil. Cook the sandwich over medium heat until the bottom slice of bread is golden brown. Flip the sandwich over and continue to cook until the second slice of bread is golden brown and the cheese is melted and gooey.

Remove from heat. Allow to cool slightly. Cut the sandwich in half (if desired) and enjoy.

TIPS

Adult supervision is always recommended when using the stove.

Use gluten-free bread for any gluten allergies.

PEAR *and Mango Lassi*



This creamy yogurt-based drink is a spin on the traditional mango lassi that is popular in Indian cuisine. It is simple and easy to make and is a perfect after-school snack or refreshing drink on a hot day.



PEAR

and Mango Lassi



SERVING

1

MINS



PREP

5

MINS



COOK

MINS

INGREDIENTS

1 Bosc or Bartlett Pear, peeled and diced

½ small mango, peeled and diced (or ½ cup, 125mL if using frozen mango)

¼ cup (60mL) plain yogurt

1 tsp (5mL) honey (optional)

Pinch of cardamom

½ cup (125mL) of water

DIRECTIONS

Combine all the ingredients in a blender and blend until smooth.

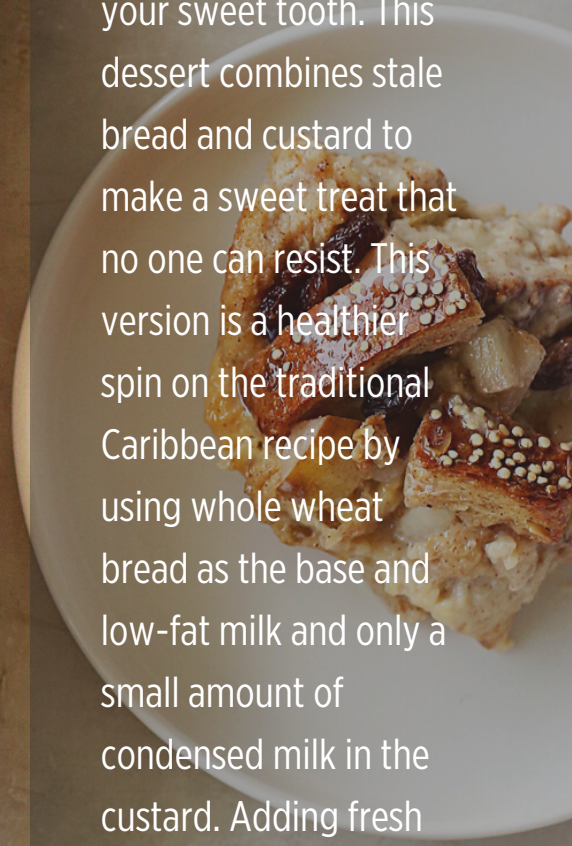
Enjoy.

CARIBBEAN INSPIRED

Bread Pudding



Bread pudding is the perfect way to satisfy your sweet tooth. This dessert combines stale bread and custard to make a sweet treat that no one can resist. This version is a healthier spin on the traditional Caribbean recipe by using whole wheat bread as the base and low-fat milk and only a small amount of condensed milk in the custard. Adding fresh pears and raisins adds natural sweetness and great texture to the pudding.





INGREDIENTS

8 cups (~ 9 slices) whole wheat bread, stale bread preferred

1/2 cup (125mL) sweetened condensed milk

3/4 cup (175mL) partly skimmed evaporated milk

1 cup (250mL) 2% milk

3 eggs

1 tsp (5mL) ground cinnamon

1 tsp (5mL) vanilla extract

1 Anjou Pear, peeled and chopped into half-inch cubes

1/2 cup (75g) raisins

Optional: an additional 1/3 cup of sweetened condensed milk and 2/3 cup of evaporated milk together for pouring on top after the bread pudding has baked to make it extra moist!

CARIBBEAN INSPIRED

Bread Pudding



SERVING
9



PREP
15
MINS



COOK
30
MINS

DIRECTIONS

Preheat the oven to 350°F or 160°C. Lightly grease a 9 by 6-inch sized baking pan with cooking oil spray.

Cut or break bread into 2-inch pieces and set aside in a medium mixing bowl.

In another medium-sized mixing bowl, add the 1/2 cup of sweetened condensed milk, 3/4 cup of evaporated milk, milk, eggs, ground cinnamon, and vanilla extract. Mix using a whisk until combined.

Add chopped pears and raisins into the milk and egg mixture and mix using a spoon. Pour the mixture into the bread bowl and mix to coat the bread pieces using your hands or a large mixing spoon. Let sit for 5 minutes.

Pour the bread mixture into the prepared baking pan and spread out evenly.

Bake for 30 minutes covered. Uncover and cook for another 10-15 minutes or until a toothpick comes out clean (toothpick can have crumbs but should have no wet mixture).

Let pudding cool in the pan for 5 minutes. Top with optional sweetened condensed and evaporated milk mixture (see tip section) before serving.



NO BAKE GREEK YOGURT


Pear Tart with Biscoff Cookie Crust

No-bake desserts are perfect for summer when it's too hot to turn on the oven. This tart uses sweet and spicy crushed Biscoff cookies as a crust and Greek yogurt as a filling. It is lighter and healthier than traditional tarts made with cream cheese or whipping cream and loads of sugar. The slightly sweet and tart yogurt pairs well with the sweet cookie crust. Top the tart with fresh Anjou Pears to pull it all together.



NO BAKE GREEK YOGURT

Pear Tart with Biscoff Cookie Crust


SERVING
8


PREP
15
MINS


CHILL
2
HRS

INGREDIENTS

- 250g Lotus Biscoff cookies (32 cookies)
- 1/3 cup (80mL) melted butter
- 2 cups (500mL) 2% M.F. plain Greek yogurt
- 1 tbsp (15ml) honey or maple syrup
- 2 red or green Anjou Pears, cored and thinly sliced
- Blueberries for garnish
- Quartered Strawberries for garnish

DIRECTIONS

Put the cookies in a food processor and pulse until they are fine crumbs. Alternatively, place the cookies in a large zip-top bag. Make sure the bag is sealed well. Using a rolling pin, crush the cookies by rolling the rolling pin over the bag (see page 14 for a visual guide).

Place the cookie crumbs in a bowl. Add the melted butter and mix to combine using a fork. It should start to come together in larger crumbles.

Place the cookies and butter mixture into a greased 9-inch tart or pie pan. Using your hands or a spatula, spread the crumbs easily over the base and up the sides of the tart pan to form a crust. Chill for at least 2 hours or overnight.

Once the crust has chilled, mix the Greek yogurt and honey in a bowl.

Pour the yogurt on top of the crust and spread evenly.

Arrange the sliced pears over top of the yogurt. Garnish with blueberries and strawberries.

Cut into slices and enjoy.

TIPS

Once the yogurt filling is added over the crust, the tart is best enjoyed that day.



Pears

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