



HEALTHY HOLIDAYS

THE HOME COOKBOOK



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HAPPY

Holidays

We are so excited you downloaded this holiday recipe book featuring USA Pears. Christina and Elis are registered dietitians in Canada who have put a lot of thought into creating 10 recipes that we hope will inspire you to get in the kitchen this holiday season. Many of these recipes are great for getting the kids involved, so gather everyone and make some memories while enjoying the fruits of your labor.



We've also included a section on reducing food waste during the holiday season so we can all do our part to help protect the planet. As advocates of mindful eating, we've shared some tips on savoring and appreciating all the wonderful food and flavors you may be surrounded by this season.

We hope your family enjoys these holiday-inspired recipes 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 September 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



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Feast Wisely: Enjoy the Holidays with Less Waste

Holiday meals often bring to mind an abundance of food and desserts. While we often look forward to this food and celebration, it can create a lot of food waste.

As registered dietitians and moms, we care about the environment and food sustainability. We want our kids to be able to explore, play, and thrive in a healthy environment. We know you want the same for your children so we thought it was important to highlight some tips to help reduce food waste so we can all do our part to promote a healthy planet.

A contributor of food waste that many people don't realize is produce that is thrown out or unused because it has slight imperfections. Don't be afraid to eat this produce, as it may just be a result of the weather conditions during the growing season but it is equally nutritious, tasty, and safe to eat.

This type of produce is great to use in recipes where the fruit or veggie is peeled or cut up, such as some baked goods, soups, and stews, because you won't be able to notice a difference. Some grocery stores sell produce with imperfections for a discount, which is an added bonus.

The photo below is an example of imperfect pears that are perfect contenders for your next holiday meal.



Did you know:

pears like this are perfectly nutritious and taste the same as unblemished pears!

Other ways to Reduce Food Waste

Composting is a great way to decrease food waste. Instead of throwing away scraps and other food remnants, consider starting a compost bin that can be used to give back to the environment.

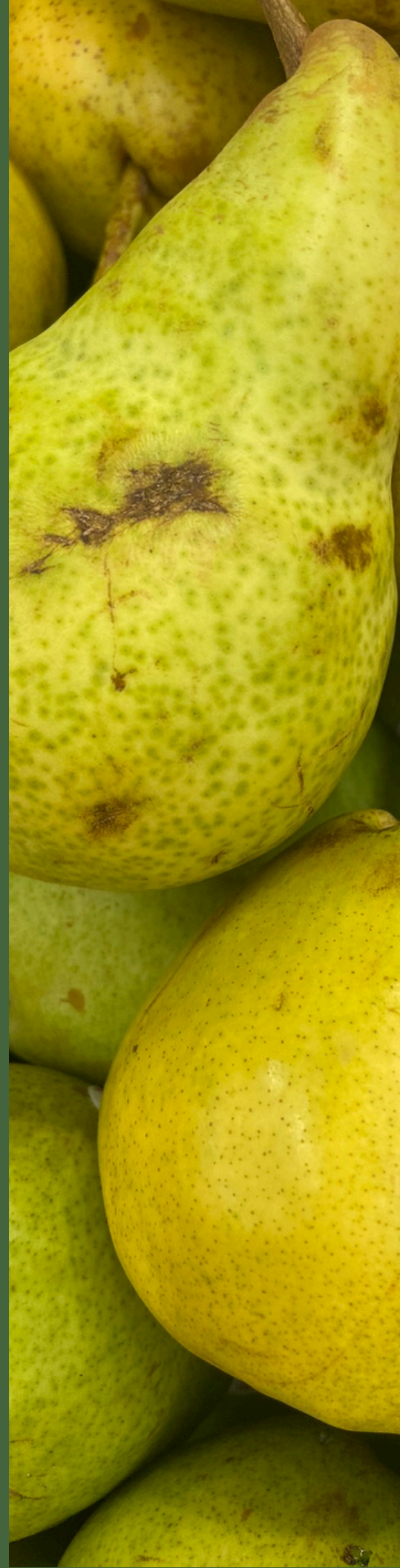
Plan ahead when you can:

Planning ahead for holiday get-togethers can limit food waste AND save money. Take inventory of your fridge and pantry before heading to the store to only purchase what is necessary. See what others are bringing to avoid duplicating dishes.

Send guests home with leftovers:

Sharing is caring! Send your guests home with leftovers or give meals out to your neighbors so everyone can enjoy home cooked meals!

This cookbook is filled with delicious holiday recipes that incorporate fruits and veggies! Make it a goal to incorporate less than perfect produce into your dishes, and help reduce food waste by sharing and menu planning. Your planet and wallet will thank you for it.



Mindful Eating

DURING THE HOLIDAYS

The holidays are meant to be a time for celebration, connection, memories, and of course food! There tends to be an abundance of food at this time of year and it can be easy to overindulge. Practicing mindful eating during this time will help increase the enjoyment of eating and allow you to be fully present with friends and family.

Here are 5 tips to help you navigate the holiday feasts.

1. **Choose the foods you love:** Sticking to the foods you love most will allow you to savor and enjoy them.
2. **Slow down:** Eat slowly and engage in conversation during mealtimes. Take small breaks from eating when needed. Slowing down will give your body time to recognize if it is full or if it is time to head to the dessert table.
3. **Build a balanced plate:** Fill half your plate with vegetables and fruit, $\frac{1}{4}$ with protein foods such as turkey, fish, or ham, and $\frac{1}{4}$ with starchy foods such as mashed potatoes. This will ensure you eat a balanced meal and still get to enjoy everything offered.
4. **Listen to your body:** Tune in to your hunger and fullness cues to assess if it is time to go up for seconds or if your body needs more time to process the meal you just ate. Are you still hungry or are you eating out of habit or for enjoyment? Wait 10-15 minutes after eating before deciding if you need a second helping. There will always be leftovers, so try not to eat past the point of comfortable fullness.
5. **Make memories:** The holidays are a time for making memories, relaxing and enjoying time with friends and family. Plan activities such as skating, skiing, or snowshoeing to take the focus off food and get in some physical activity together.

Practicing these tips can lead to a more joyful and fulfilling holiday season. Keep this in mind as you read through this cookbook and select meals that sound delicious to you! We hope you are inspired to get in the kitchen to cook and enjoy meals with your loved ones.



HOT HONEY


Cottage Cheese Dip

This sweet and savory dip is the ideal appetizer for your holiday spread and the ultimate addition to any charcuterie board! Whipped cottage cheese and hot honey, are the perfect balance of salty and sweet. It comes together in minutes and the cottage cheese adds protein.



HOT HONEY

Cottage Cheese Dip


SERVING
6


PREP
10
MINS


COOK
0
MINS

DIRECTIONS

Add the cottage cheese, olive oil, and hot honey to a food processor. Mix or blend on high until smooth and creamy.

Scoop the whipped cottage cheese into a serving bowl and top with black pepper/chili flakes if using, basil, and a drizzle of olive oil.

Prepare the pears, pita chips, and veggies for dipping.

Serve and enjoy!

INGREDIENTS

16 oz 2%-fat cottage cheese
1 tbsp olive oil, plus more for serving
2 tbsp hot honey, plus more for serving
2 tbsp fresh basil, chopped
Freshly cracked black pepper or chili flakes for serving

To serve with dip:

Red and green pears, sliced (Anjou, Bartlett, or Starkrimson are all great options)
Pita chips
Cut up vegetables such as cucumbers, radishes, snap peas, or carrots

TIPS

To make this appetizer kid-friendly - swap the hot honey for regular honey.

A top-down view of a white ceramic plate with a fluted rim. On the plate are several golden-brown, crispy potato latkes, some of which are topped with finely chopped green chives. To the left of the latkes is a small, white, scalloped-edge bowl filled with a thick, orange-brown sauce. The plate is set on a white surface. In the upper right corner, a pear is visible on a decorative plate. In the lower right corner, another pear is visible, partially cut off by the edge of the frame.

LIGHT AND CRISPY

Potato Latkes

A spin on the Hannukah tradition, we've added freshly grated pear to these potato latkes and made them in the air fryer for a healthier option! These fritters are crispy on the outside and soft in the middle. Serve them with spiced pear sauce and sour cream and these latkes are impossible not to love.



INGREDIENTS

For the latkes:

- 2 medium russet potatoes, peeled
- 1 firm pear, such as Bosc or Anjou peeled and cored
- 1 egg, beaten
- 2 tbsp all-purpose flour
- ½ a yellow onion, grated
- ½ tsp salt
- Sour cream, optional for serving

For the spiced pear sauce:

- 4 large Bartlett pears, peeled, cored and thinly sliced
- ¼ cup water
- 1 tbsp honey
- 2 tsp lemon juice
- ½ tsp ground cinnamon
- ½ tsp ground ginger
- 1 tsp vanilla

LIGHT AND CRISPY

Potato Latkes


SERVING
6


PREP
25
MINS


COOK
20
MINS

DIRECTIONS

For the Latkes:

Shred the potatoes and pear using the large holes on a box grater. Place the shredded potatoes and pear on stacked paper towels or on a cheesecloth. Wring out the potatoes and pears to remove as much liquid as possible.

In a medium bowl add the shredded and drained potatoes and pears. Add the egg, flour, onion, and salt. Stir to combine.

Preheat the air fryer to 400°F and set it for 10 minutes.

Form the latkes using a spoon or your hands and shape them into patties. Use about 2 tbsp of the mixture for each latke.

Coat the air fryer rack well with cooking spray. Drop the latkes onto the air fryer rack and flatten the tops to form patties. Spray the top of the latkes with cooking spray. Air fry for 5 minutes, flip the latkes, and continue to air fry until they are crispy and golden brown, about an additional 5 minutes.

Depending on the size of your air fryer, you may need to cook them in two batches.



LIGHT AND CRISPY

Potato Latkes



SERVING

6



PREP

25

MIN



COOK

25

MIN

DIRECTIONS

For the sauce:

In a medium saucepan, add the pears, water, honey, lemon juice, cinnamon, ginger and vanilla. Bring to a gentle boil, reduce the heat to medium-low, and cook for 15 minutes or until the pears release juices and become soft.

Allow the mixture to cool and blend the sauce or mash with a fork or potato masher if you prefer a thicker texture.

Serve the latkes on a platter with the spiced pear sauce and sour cream.



PEAR AND PORK MEATBALLS

with Cranberry Dipping Sauce

These pear and pork meatballs are the perfect blend of sweet and savory flavors. They make a great holiday appetizer or easy weeknight dinner. Serve them with festive cranberry pear sauce for dipping. Kids and adults will love these meatballs.



PEAR AND PORK MEATBALLS

with Cranberry Sauce



SERVING
18-20
SMALL
MEATBALLS



PREP
10
MINS



COOK
20
MINS

INGREDIENTS

For the meatballs:

- 1 ½ lbs lean ground pork
- 1 egg
- ⅓ cup quick oats
- 1 Bosc pear, grated
- ½ tsp garlic powder
- ½ tsp onion powder
- 1 tsp salt

For the cranberry sauce:

- 2 cups cranberries, fresh or frozen
- 1 Bartlett pear, peeled, cored and chopped
- 1 orange, zested and juiced
- 1 tbsp granulated sugar
- ¼ cup water

DIRECTIONS

To make the meatballs:

Preheat the oven to 400°F. Line a baking tray with parchment paper or grease with cooking spray.

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 meatballs have reached 160°F.

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.

PEAR & PARMESAN CHEESE *Ravioli*



Impress your guests this holiday season with homemade ravioli filled with a creamy Parmesan and pear mixture, all tossed in a smooth brown butter and sage sauce. This recipe is easier than you might think and perfect for getting the kids involved in the kitchen.



INGREDIENTS

For the pasta dough:

2 $\frac{2}{3}$ cups all-purpose flour
Pinch of salt
1 tsp olive oil
4 large eggs, room temperature
1-2 tbsp water

For the ravioli filling:

2 red or green Anjou pears, peeled, cored and grated using the large holes on a box grater
 $\frac{3}{4}$ cup mascarpone cheese, room temperature
1 $\frac{1}{2}$ cups grated parmesan cheese,
Freshly cracked pepper
Pinch of salt

For the sauce:

$\frac{3}{4}$ cup salted butter
15 fresh sage leaves
Freshly cracked black pepper

Optional for serving:

Grated parmesan cheese
 $\frac{1}{4}$ cup roasted walnuts, chopped

PEAR AND PARMESAN

Cheese Ravioli



SERVING
6-8



PREP
60
MINS



COOK
15
MINS

DIRECTIONS

To make the pasta:

On a clean work surface, pour the flour and salt in a circle with a divot in the center. Crack the eggs and drizzle the oil in the center. Break the eggs up using a fork and slowly start to incorporate the eggs into the flour. It will start to form a shaggy dough. At this point, use your hands and knead the dough. It may look crumbly. Continue to knead the dough until it comes together. Add 1-2 tbsp of water if the dough is too dry. Keep kneading until the dough is smooth, about 8-10 minutes. Wrap it in plastic wrap and let it rest for 30 minutes.

To make the filling:

Drain and squeeze the excess water out of the grated pears with a paper towel over a fine-meshed sieve.

In a large bowl, stir together the grated pears, mascarpone, and grated parmesan until blended.

Assemble the ravioli:

Lightly coat a baking sheet with flour.

To make the ravioli, roll out the dough with a rolling pin until it is about $\frac{1}{8}$ inch thick or use a pasta maker to roll it until very thin (use the thinnest setting of the machine).

Recipe continues on the next page...



PEAR AND PARMESAN

Cheese Ravioli


SERVING
6-8


PREP
60
MINS


COOK
15
MINS

DIRECTIONS

Using a round cookie cutter, cut the dough into circles. Add 1-2 tsp of filling to the center of each circle. Fold it over and seal the edges with a fork. Place the finished ravioli onto the floured baking sheet. Bring a large pot of water to a boil. Season generously with salt.

Cook the ravioli for about 3 to 4 minutes or until al dente.

While the ravioli is cooking, melt the butter in a large skillet over medium heat. Cook until it begins to turn a light brown color, add the sage and black pepper.

Using a slotted spoon, add your cooked ravioli to the sauce and stir gently.

Sprinkle it with extra Parmesan, chopped walnuts, black pepper and enjoy!



ROAST CHICKEN DINNER WITH *Pear & Walnut Stuffing*

Succulent roasted chicken, seasoned to perfection with crispy golden skin and served with moist and flavorful pear, sage, and walnut stuffing. This dish, served with roasted vegetables, is perfect for smaller, more intimate holiday gatherings.



ROAST CHICKEN DINNER WITH

Pear & Walnut Stuffing



SERVING

4

DUMPLINGS



PREP

60

MINS



COOK

90

MINS

INGREDIENTS

For the chicken:

- 1 chicken, about 3-4 lbs
- 2 tsp neutral oil, such as vegetable or canola
- 1 tsp salt
- 3 sprigs of fresh rosemary
- Black pepper, to taste

Roasted Vegetables:

- 4 carrots, peeled and cut into 1-inch pieces
- ½ lb Brussels sprouts, cut in half
- 1 red onion, cut into ½ inch pieces
- 2 tbsp olive oil
- Salt and pepper, to taste
- 2 tsp fresh rosemary, chopped

DIRECTIONS

Begin by preparing your chicken:

Preheat the oven to 400°F.

Pat the chicken dry with a paper towel and place two rosemary sprigs into the cavity. Tie the legs together with kitchen twine (this helps the chicken cook more evenly). Place the chicken in a large baking dish. Brush the top with oil (this helps get crispy skin) and season generously with salt and pepper. Remove the rosemary leaves from the last sprig, chop them, and distribute them evenly over the chicken.

Prepare the vegetables:

Add all your vegetables, olive oil, and seasonings to a large bowl. Mix to combine and then add them to the baking dish with the chicken.

Bake the chicken and vegetables for 1-1.5 hours (depending on the size). All ovens are different so ensure your chicken is cooked to 165°F using a meat thermometer. Check the temperature at the innermost part of the thigh and wing and the thickest part of the breast.

Recipe continues on the next page...



ROAST CHICKEN DINNER WITH

Pear & Walnut Stuffing



SERVING

4

DUMPLINGS



PREP

60

MINS



COOK

90

MINS

INGREDIENTS

Stuffing:*

1 tbsp butter

1 onion, finely chopped

2 firm pears, such as Anjou or Bosc,
cored and diced into small pieces

4 cups cubed day-old bread (white or
whole wheat bread would work)

¼ cup dried cranberries

½ cup chopped walnuts

1 tbsp finely chopped fresh sage (1 tsp
if using dried)

1 ½ cups reduced-sodium chicken
broth

Salt and pepper to taste

DIRECTIONS

Prepare the stuffing:

Grease a casserole dish well with butter or oil.

In a skillet, melt the butter over medium heat. Sauté the onion until it starts to soften. Add the pear and cook for 3-4 more minutes, just until the pears start to soften.

In a large bowl, add the bread cubes, sage, walnuts, and cranberries. Add the pears and onion mixture.

Gradually add the chicken broth until the mixture is moist. Mix to combine. Season lightly with salt and pepper.

Pour the stuffing mixture into your casserole dish.

Bake at 400°F for ~35 minutes or until the top is golden brown.

Serve with the roasted chicken and vegetables.

*Note: We've opted to prepare the stuffing in its own dish to reduce the risk of bacteria from the chicken getting inside it. We recommend this method for food safety reasons.

A close-up photograph of a pear gingerbread loaf, sliced into three thick pieces. The loaf is a deep brown color, indicating it's well-baked. It is covered in a thick, white cream cheese frosting that is slightly uneven and drips down the sides. The top slice is decorated with a sprig of fresh rosemary and three small, round, red cranberries. The loaf is resting on a piece of white parchment paper with a subtle pattern of small evergreen trees. In the background, a wooden cutting board and a knife are visible, along with a whole pear and another sprig of rosemary.

PEAR GINGERBREAD LOAF


with Cream Cheese Frosting

With a perfect blend of warm spices, sweet pears, and fluffy cream cheese frosting, this easy cake is a must-have on your holiday baking list!



PEAR GINGERBREAD LOAF

with Cream Cheese Frosting


SERVING
12


PREP
20
MINS


COOK
55
MINS

INGREDIENTS

For the cake:

¼ cup unsalted butter, softened to room temperature
¼ cup neutral oil, such as canola or vegetable
⅓ cup granulated sugar
¼ cup molasses
1 egg
1 cup unsweetened pear puree (see recipe on next page)
1 ¾ cups all-purpose flour
1 tsp baking soda
1 tsp baking powder
2 tsp ginger
2 tsp cinnamon
1 tsp cloves
1 cup peeled and chopped Bosc pears (about 1 large pear)

DIRECTIONS

To make the cake:

Preheat the oven to 350°F. Grease or line a 9 x5 inch loaf pan with parchment paper.

Using an electric mixer or a large spoon, cream the butter, oil, and sugar until fluffy. Beat in the molasses and the egg. Blend in the pear puree.

Mix the flour, baking soda, baking powder, salt, and spices (ginger, cinnamon, & cloves) in a separate bowl.

Add the dry ingredients to the wet mixture and beat until combined and you can no longer see any bits of flour.

Add the chopped pears and mix them in with a spoon.

Pour the batter into the prepared pan.

Bake for about 50-55 minutes or until it is cooked through and a toothpick comes out clean.

Let cool completely on a rack before frosting.

Recipe continued on the next page...



PEAR GINGERBREAD LOAF

with Cream Cheese Frosting


SERVING
12


PREP
20
MINS


COOK
55
MINS

INGREDIENTS

For the cream cheese frosting:

4oz cream cheese, softened to room temperature
1 ½ cups icing sugar
1 tsp vanilla extract

For the pear puree:

8 ripe Bartlett pears, peeled, cored, and diced into chunks
¼ cup water
2 tsp fresh lemon juice

DIRECTIONS

To make the frosting:

Add the cream cheese and vanilla to a bowl. Using an electric mixer, beat until combined.

Slowly add the icing sugar, about ½ cup at a time, and continue to beat until the mixture is smooth and combined.

Spread over cooled cake.

To make the pear puree:

Combine the pears, water, and lemon juice in a saucepan; cover and cook over medium heat until the pears are soft, about 15 to 20 minutes. Remove the lid and cook for an additional 5 minutes to allow some of the water to evaporate. Cool completely and add the mixture to a blender. Puree until smooth.

This makes 1-1.5 cups of pear puree.



HOLIDAY PEAR *Hand Pies*

These holiday hand pies are the perfect wholesome treat to make with the family. They're made with a simple whole wheat pastry dough and a warm, spiced pear filling! These handheld pies are much lower in added sugar than traditional pies but just as delicious. Shape them using your favorite holiday cookie cutters for an extra festive touch.



HOLIDAY PEAR

Handpies



SERVING

8

SLIDERS



PREP

25

MINS



COOK

18

MINS

INGREDIENTS

For the pie crust:

¼ cup all-purpose flour

1 cup whole wheat flour

½ cup unsalted butter, cold and cubed

¼ tsp salt

3-4 tbsp cold water

For the filling:

3 large Anjou or Bosc pears, peeled and
grated using large cheese grater holes
(about 2.5 cups)

1 tbsp light brown sugar, packed

½ tsp cinnamon

Dash of nutmeg

Dash of clove

Pinch of salt

1 tbsp unsalted butter

For the egg wash:

1 whole egg

1 tbsp milk

DIRECTIONS

To make the pie crust:

In a large bowl, add both flours, cubed butter, and salt. Blend with your hands until pea-sized balls start to form. Add in the cold water and continue to combine. It will look crumbly.

Pour the dough onto a lightly floured surface and knead until it forms a smooth ball. If it isn't coming together, add cold water, 1 tablespoon at a time and continue to knead it until smooth. Wrap the dough tightly in plastic wrap and place it in the fridge to chill for one hour.

Note: you can also use a food processor to cut the butter into the flour. Pulse to get the desired texture.

To make the filling:

In a saucepan over medium heat, add the pears, light brown sugar, cinnamon, nutmeg, clove, salt, and butter. Bring the sauce to a boil, then reduce the heat and continue to simmer, covered, for 15-20 minutes or until the pears are saucy and soft and the sauce has thickened. Mash the sauce with a fork until it is almost smooth. Remove from the heat and allow it to cool completely.



HOLIDAY PEAR

Handpies


SERVING
8
SIDERS


PREP
25
MINS


COOK
18
MINS

DIRECTIONS

To assemble the pies:

Preheat the oven to 400°F.

Take your pie dough out of the fridge and roll it out into a large rectangle about 1/8 inch thick. If you are not using cooking cutters, slice it into 16 uniform rectangles, or use cookie cutters to cut the dough into your preferred shapes. Spoon 2–4 tablespoons of pear filling onto half of the dough pieces, keeping the filling centered.

Make the egg wash: crack the egg in a small bowl, add the milk, and whisk to combine and break up the egg yolk. Lightly brush the edges of the pastry topped with pear filling with the egg wash. Top each base with another layer of pie dough and use a fork to lightly crimp the edges together or seal and press down with your fingers.

Brush the tops of the pies with the egg wash. Bake for 18-20 minutes or until the pies are golden brown.

Allow to cool for 10 minutes.

Store in an airtight container at room temperature for 3 days or in the fridge for 5 days! Enjoy!

SWEET CHEESE BLINTZ *with Sautéed Pears*



Inspired by traditional Jewish deli cuisine, these delicate crepe-like pancakes are filled with a rich creamy cheese filling, pan-fried to golden perfection, and served with sautéed pears and pomegranate. With a crispy outside and a subtly sweet filling, each bite is a delicious indulgence that everyone will love.



SWEET CHEESE BLINTZ

with Sautéed Pears


SERVING
8
SANDWICH


PREP
60
MINS


COOK
45
MINS

INGREDIENTS

Crepe batter:

1 cup all-purpose flour
1 ½ cups 2% milk
4 eggs
¼ cup unsalted butter, melted
2 tsp granulated sugar
Butter for frying

Sweet Cheese Filling:

8oz cream cheese, softened to room temperature
1 cup ricotta cheese
1 egg yolk
2 tbsp sugar
1 tsp grated orange zest
1 tsp vanilla extract
1 pear, peeled, cored and grated

Sautéed Pears:

1 tbsp butter
4 Bosc pears, cored and sliced
½ cup pomegranate arils

DIRECTIONS

Make the crepe batter:

Add all the ingredients to a blender and blend until smooth. Refrigerate for 1 hour.

Prepare the cheese filling:

While the batter is resting, make the cheese filling.

Add all the ingredients, except the pear, to a mixing bowl. Using an electric mixer, beat until smooth.

Drain the pear of excess water by wringing it out in paper towels or cheesecloth.

Add in the grated pear and mix until combined. Refrigerate until you are ready to assemble the blintzes.

Cook the crepes:

Heat a skillet (about 6 inches in diameter) over medium heat and add 1 tsp of butter. Once melted, spread the butter over the skillet to evenly coat it.

Add 3 tbsp of the batter and swirl it in the pan so it forms a very thin layer. If the batter is too thick, add 1-2 tbsp of water to it to thin it out.

Cook for approximately 2 minutes until the bottom starts to get golden brown. Loosen the edge of the crepe with a spatula and quickly flip. Cook for 1 more minute, or until the other side is lightly golden. Slide the pancake out of the skillet onto a plate. Repeat with the remaining batter.

Recipe continues on the next page...



SWEET CHEESE BLINTZ

with Sautéed Pears



SERVING
8
SANDWICH



PREP
60
MINS



COOK
45
MINS

DIRECTIONS

Assembly and cook the blintzes:

Lay a crepe out on a flat work surface. Place 2 tablespoons of the cheese filling onto the centre of the pancake.

Fold the bottom edge over the filling. Fold both sides in, then gently roll the blintz up.

Repeat the process with the remaining crepes and filling.

Heat a large skillet over medium heat. Add 2 tbsp of butter.

Place the blintzes in the skillet in a single layer and cook until they are golden brown and slightly crispy on the bottom, about 3-4 minutes. Flip them over and cook until the other side is golden.

You may need to do more than one batch. Add more butter as needed to prevent sticking.

Sauté the pears:

Once you are done cooking the blintzes, heat 1 tbsp of butter in the same skillet.

Add the sliced pears and cook on medium heat for about 5 minutes until they are warm and start to soften.

Add the pomegranate arils and stir. Remove from heat.

Serve the blintzes topped with sautéed pears and pomegranate. Enjoy!



SNOW DAY HOT *Pear Cider*

This cozy beverage is packed with fruity flavors and aromatic spices, creating a drinkable holiday simmer pot in your home you can serve directly from the stovetop.



SNOW DAY HOT *Pear Cider*



SERVING

8

MINS



PREP

5

MINS



COOK

3

HOURS

DIRECTIONS

Add the ingredients to a large pot and bring it to a boil over high heat.

Reduce the heat to low and cook for one hour, covered.

Uncover the pot and let it simmer for 20-30 more minutes, allowing the scent to fill your home.

Remove from heat and allow to cool slightly so you can strain it.

Strain the cider using a fine sieve over a large bowl. Serve warm and garnish with sliced pears or cinnamon sticks.

INGREDIENTS

- 12 cups water
- 10 pears, halved, cut off ends
- 1 orange, sliced
- 5 cinnamon sticks
- 1 tsp allspice
- 3 star anise pods
- ½ cup honey
- 5-6 cloves
- 1 granny smith apple, sliced

A tall, slender glass filled with a pale yellow, bubbly mocktail. A single slice of pear is visible inside the glass. A sprig of fresh rosemary is perched on the rim. The glass is condensation-covered and sits on a white marble surface. In the background, a glass bottle with a metal clasp is partially visible. To the right, a wooden cutting board holds several more slices of pear and a sprig of rosemary.

PEAR AND ROSEMARY *Mocktail*

This refreshing drink is perfect for those choosing to go alcohol-free this holiday season and comes together with just a few simple ingredients. It is a great balance of sweet, tart, and aromatic flavors. It can be batched ahead of time and assembled right before hosting!



PEAR AND ROSEMARY

Mocktail



SERVING

2



PREP

15

MINS



COOK

n/a

MINS

DIRECTIONS

To make the mocktail:

Add all the ingredients into a small pitcher. Mix with a wooden spoon. Divide into two glasses.

To make the rosemary simple syrup:

Add the water, sugar, and rosemary to a pot. Over medium-high heat, bring to a gentle boil. Stir occasionally to help dissolve the sugar.

Once the sugar has dissolved, turn off the heat and let the mixture steep for at least 15 minutes.

Strain the mixture under a fine-mesh sieve. Discard the rosemary.

Allow the syrup to cool and then store in a glass container in the fridge.

To make the pear nectar:

Add the pears and water into a blender. Blend on high speed until smooth.

INGREDIENTS

- ½ cup fresh pear nectar (recipe below)
- 2 tbsp freshly squeezed lemon juice
- 1 cup sparkling water
- 2 tsp rosemary simple syrup (recipe below)

ROSEMARY SIMPLE SYRUP

- 1½ cup water
- ½ cup sugar
- 2 sprigs fresh rosemary

PEAR NECTAR

- 3 very ripe Bartlett pears, peeled and cored, cut into large chunks
- ½ cup water

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.



Pears

usa-pears.org



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HEALTHY HOLIDAYS
FOR FAMILIES

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