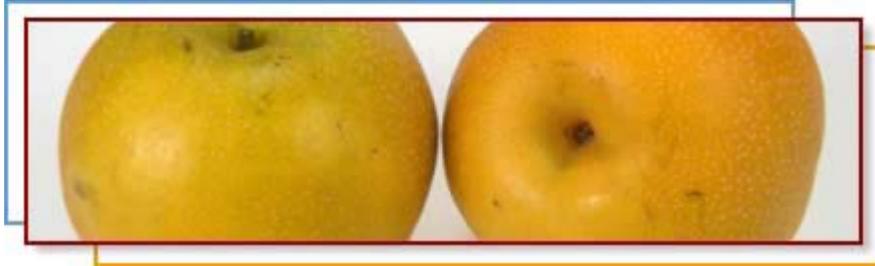


Fruit of the Month

ASIAN PEAR!



Asian pears are cousins to the pears that are typically seen in grocery stores, but this fruit is similar to an apple and its many names reflect that characteristic. Other names that this fruit goes by are: Chinese pear, Japanese pear, Sand, Nashi, and apple pear.

Asian pears differ from the traditional European ones. These pears are usually round, firm to touch when ripe, and are ready to eat after harvest. Asian pears reach prime quality when they ripen on the tree, like an apple and peach. These pears will be crisp, juicy, and slightly sweet with some tartness, especially near the core.

While European pears have the bulbous bottoms and tapering tops, they are not ready to eat until they are slightly soft and must be picked during the green stage and ripen at room temperature. European pears will be soft and juicy, with a sweeter, mellower taste. European pears will be brown at the core and an unpleasant taste if they are tree-ripened.

There are several Asian pear varieties available. Japanese pears are more round in shape, while the Chinese pears are more oval or pyriform (pear-shaped).

Nutrition Facts		
Serving Size (122g)		
Servings Per Container		
Amount Per Serving		
Calories 50	Calories from Fat 5	
% Daily Value*		
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 13g		4%
Dietary Fiber 4g		16%
Sugars 9g		
Protein 1g		
Vitamin A 0%	•	Vitamin C 8%
Calcium 0%	•	Iron 0%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

In the United States, the Japanese type of Asian pear called 20th Century or Nijisseki is the most popular. It is easily identified with its round shape and smooth yellow skin. Other common varieties include the Japanese bronze-toned Hosui pear and the pear-shaped Ya Li, a pale-green Chinese variety.

Selection

Select the most fragrant and unbruised fruit with little to no brown spots. Ripe Asian pears are hard and do not soften. They are ready to eat when purchased.

Storage

Asian pears are known for keeping well. Store pears a week at room temperature or up to three months in the refrigerator.



Make Asian Pears Part of Your 5 A Day Plan

- Enjoy eating fresh out of hand.
- Use in salads, slaws, soups, and sandwiches.
- Use Asian pears as you would with other pears and apples in cobblers and fruit crisps.
- To prevent discoloration when cut, dip in a mixture of water and lemon juice.

Recipes

Asian Pear Slaw with Chilies

Makes 6 servings

Each serving equals one 5 A Day serving

Source: Chris Faulkner for Melissa's Variety Produce, Inc.

6 celery ribs

4 Tbsp fresh lime juice

4 Tbsp seasoned rice vinegar

1 tsp ginger root

6 Asian Pears, sliced $\frac{1}{4}$ -inch thick

3 scallions, thinly sliced on diagonal

$\frac{1}{4}$ cup Cilantro leaves

$\frac{1}{2}$ tsp Fresno chili or Jalapeno chili, finely chopped

Whisk together juice, vinegar, and ginger and stir in celery and remaining ingredients with salt and pepper to taste. Let stand at room temperature 15 minutes before serving.

Nutritional analysis per serving: Calories 67, Protein 2g, Fat 0g, Calories from Fat 0%, Cholesterol 0mg, Carbohydrates 17g, Fiber 1g, Sodium 52mg.

Jicama and Asian Pear Salad

Makes 6 servings

Each serving equals one 5 A Day serving

Source: Produce for Better Health/Tropicana West

2 cups Romaine lettuce, shredded

2 cups Jicama, julienne-sliced

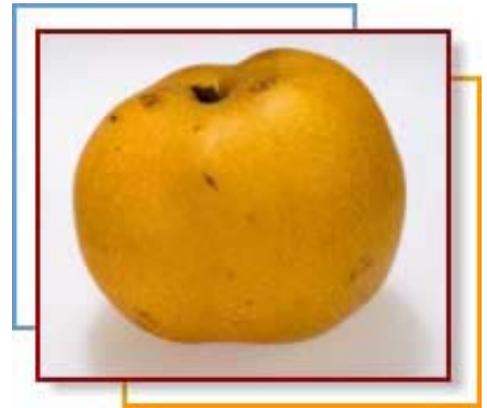
2 Asian pears, cored and chopped

$\frac{1}{2}$ cup Golden raisins

$\frac{1}{4}$ cup White wine vinaigrette

$\frac{1}{4}$ cup Apple cider or juice (for Dressing)

$\frac{1}{4}$ tsp Chinese five-spice powder or ground allspice



In a bowl, toss the shredded lettuce, jicama, Asian pears and golden raisins until combined. For dressing, whisk together the salad dressing, apple cider or juice, and five-spice powder or allspice until well mixed. Drizzle over salad and toss well. Serve immediately.

Nutritional analysis per serving: Calories 104, Protein 2g, Fat 0g, Calories from Fat 1%, Cholesterol 0mg, Carbohydrates 26g, Fiber 3g, Sodium 109mg.

Fall Asian Pear Soup

Makes 6 servings

Each serving equals one 5 A Day serving

Source: Melissa's Variety Produce, Inc.

1 Tbsp olive oil

3 Asian pears, peeled and cubed

$\frac{1}{2}$ cup onion, diced

15 oz can low sodium chicken broth

1 cup nonfat cottage cheese

2 cups butternut squash cooked, peeled and cubed

$\frac{1}{2}$ cup mustard

1 tsp tarragon, chopped

In a large sauce pan, place apple pear and onion with the oil. Cook until tender. Set aside. In a food processor, blend the cottage cheese until smooth, adding the apple pear mixture and $\frac{1}{2}$ the chicken broth. Blend together until smooth. Add remaining ingredients and blend until smooth, but do not over blend. Pour into large saucepan to heat soup. Serve immediately.

Nutrition information per serving: Calories 117, Protein 7g, Fat 3g, Calories from Fat 22%, Cholesterol 3mg, Carbohydrates 17g, Fiber 2g, Sodium 450mg.

Poached Asian Pears in Raspberry Sauce

Makes 4 servings

Each serving equals one 5 A Day serving

Source: Frieda's Specialty Produce

4 Asian pears

1 cup apple juice

1 cup dry white wine

$\frac{1}{2}$ cup water

Few strips of lemon or orange peel

Raspberry Sauce:

1 cup fresh or frozen raspberries, thawed

2 tbsp sugar

Core Asian pears if desired, or leave stem and core intact. In a saucepan, combine the apple juice, wine, water, and lemon or orange peel. Place pears in liquid. Bring to boiling; reduce heat. Simmer, partially covered, 20 minutes, spooning liquid over pears frequently during cooking. (Pears will still be firm after cooking.) Chill pears in liquid.

Meanwhile, prepare Raspberry Sauce: In a blender or food processor bowl, place berries. Cover and process till smooth. Add sugar; process again. If desired, strain sauce to remove seeds. Cover and chill sauce till needed.

To serve, spoon some of the Raspberry Sauce onto 4 dessert plates; place a pear in center of sauce in each plate. Pass any remaining sauce to spoon over pears.

Nutrition information per serving: Calories 161, Protein 2g, Fat 0g, Calories from Fat 0%, Cholesterol 0mg, Carbohydrates 31g, Fiber 2g, Sodium 10mg.

Asian Salad with Sweet and Sour Vinaigrette

Makes 4 servings

Each serving equals three 5 A Day serving

Source: Chris Faulkner for Melissa's Variety Produce, Inc.

Salad:

1 papaya

1 guava

1 Asian pear

1 pound Spring mix Salad

4 oz Goat Cheese

Vinaigrette:

1 tsp mustard

2 tsp Balsamic vinegar

1 tsp low sodium soy sauce

1 tsp honey

1/8 tsp ground black pepper

1/4 cup olive oil

Combine mustard, balsamic vinegar, soy sauce, honey, salt and pepper in a mixing bowl. Drizzle in olive oil, whisking to an emulsion. Set aside. Cut papaya and guava into thin slices. Julienne the Asian pear. Put the spring mix salad in a large bowl. Toss with dressing. Mound on a platter. Place fruit slices on top. Sprinkle with chunks of goat cheese and serve.

Nutrition information per serving: Calories 232, Protein 6g, Fat 8g, Calories from Fat 29%, Cholesterol 5mg, Carbohydrates 38g, Fiber 10g, Sodium 240mg.