

Recipe

Name: **BAKED PEARS WITH ALMONDS**

(American Heart Association)

INGREDIENTS

4 small pears

¼ Cup unsalted, unroasted almonds, chopped

2 tablespoons dried cranberries or raisins (no sugar added)

½ teaspoon cinnamon

2 teaspoons honey

COOKING DIRECTIONS

1. Preheat oven to 400 F.
2. Cut ½ inch off the top of the pears, saving the tops
3. Using a spoon or paring knife, core out the pears, leaving a bottom/base intact
4. In a small bowl, combine almonds, cranberries and cinnamon-stir gently. Drizzle in honey and stir until almonds and cranberries are coated.
5. Spoon almond mixture into pears and replace tops.
6. Fill a small baking dish with ¼ inch of water, place pears in dish and cover loosely tented foil. Bake 30 minutes. Remove foil and bake an additional 15 minutes until pears are tender and lightly golden.

PEARS

SERVING & STORAGE IDEAS

When picking a pear, it should be firm and have no bruises or scars on it.

Pears are best to eat when they are softer, but are known for having a short period of being ripe.

Pears should be kept at room temperature.

Just like apples, you can use lemon or lime juice to keep cut pears ripe and good to eat.

Pears can be eaten raw, in smoothies, or used as a salad topping.

WASHINGTON COUNTY



OZAUKEE COUNTY

For more information visit: washozwi.gov/Harvest-Of-The-Month

Receta

PERAS CON ALMENDRAS HORNEADAS

INGREDIENTES

4 peras pequeñas

1/4 taza de almendras sin sal y sin aceite, picadas

2 cucharadas de arándanos secos o pasas (sin azúcar añadido)

1/2 cucharadita de canela

2 cucharaditas de miel

MANERA DE HACERSE

1. Precaliente el horno a 400 F.
2. Corte 1/2 pulgada de la parte superior de las peras, guardando las partes superiores
3. Usando una cuchara o un cuchillo para pelar, saque el corazón de las peras, dejando intacta una base / fondo
4. En un tazón pequeño, combine las almendras, los arándanos y la canela, revuelva suavemente. Rocíe con miel y revuelva hasta que las almendras y los arándanos estén cubiertos.
5. Vierta la mezcla de almendras en las peras y tape con las partes superiores. Llene un plato para hornear pequeño con 1/4 de pulgada de agua, coloque las peras en un plato y cubra con papel aluminio. Hornee 30 minutos. Retire el papel aluminio y hornee durante 15 minutos adicionales hasta que las peras estén tiernas y ligeramente doradas.

PEARS

USO SALUDABLE E IDEAS DE ALMACENAMIENTO

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