

Pear Sauce

Makes 3 ½ cups

5-6 large pears, any variety, peeled, cored and cubed.

- ¼ cup water
- 2 tablespoons sugar
- 1 teaspoon lemon juice



Microwave Method

1. Combine all ingredients in 2-quart microwave-safe bowl.
2. Cover and microwave on HIGH (100%) 6 minutes.
3. Stir pear mixture; rotate dish one-quarter turn and microwave at HIGH 6 to 8 minutes longer or until tender.
4. Mash for a chunky sauce or use a blender to make a smooth sauce. Refrigerate leftovers.

Conventional Method

1. Increase water to ½ cup with ingredients above; bring to a boil.
2. Cook over medium heat 15 to 20 minutes or until pears are tender.
3. Mash for a chunky sauce or use a blender to make a smooth sauce. Refrigerate leftovers.

(Over)

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Serving tip: Use pear sauce like applesauce or on pancakes, french toast, or ice cream.

Recipe from Pear Bureau Northwest website: www.usapears.com

Kitchen Helpers!

2, 3 and 4 year olds can help with mashing the pear mixture.

Other ways you can use pear slices:

- Include in a sandwich to add sweetness.
- Add to a green salad.
- Dip into fruit or vanilla non-fat yogurt.

Tip: To prevent browning, dip pear slices in diluted lemon juice (1 tablespoon lemon juice and ½ cup water).



Produced by the Oregon 5 A Day Partnership
Adapted by the WA State WIC Nutrition Program
For more information visit www.5aday.gov

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