



Pick a better snack™

October 2015

Pears

Pears can be enjoyed fresh, canned or packed in a fruit cup. If you want to serve pears or any familiar fruit in a new, exciting way, try making fruit kabobs. Don't have time to make them? Get the kids involved. Let them choose their favorite fruits. Then, mix in a fruit they haven't tried yet or don't eat very often. This snack can be a hit with a group of friends at a special event or for an everyday snack.

Kabobs and Yogurt Dip

Serving size: 5 toothpick kabobs and 2 tablespoons dip
Serves: 6

Ingredients:

- 2 fruits of your choice (such as pear, apple, banana, kiwi, grapes, clementines)
- 1 can (18 ounces) chunk pineapple
- 1 container (6 or 8 ounces) low-fat regular or Greek fruit yogurt (optional)
- 30 toothpicks

Directions:

1. Wash fruit under running water. Peel bananas, clementines, and kiwi.
2. Drain pineapple juice into a bowl.
3. Cut fruit into wedges or chunks. Dip fruit that turns dark (such as apples and bananas) in the pineapple juice.
4. Place fruit on toothpicks or skewers. Arrange on a platter.
5. Dip fruit into yogurt (optional).
6. Refrigerate any leftovers.

Tip: If you don't have pineapple, substitute with any fruit you have on hand. Other 100% fruit juices high in vitamin C, like orange juice or lemon juice, can be used to keep apples and bananas from turning brown.

This recipe is adapted from Spend Smart. Eat Smart. You can find more easy and healthy recipes at: www.extension.iastate.edu/foodsavings/.

Funded by USDA's SNAP, an equal opportunity provider and employer, in collaboration with the Iowa Departments of Human Services and Public Health. Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Go to dhs.iowa.gov/food-assistance for more information.

Pear Tips

Selecting: Choose fresh pears without wrinkled skin or bruised spots. Canned fruits are just as nutritious. Choose canned pears packed in 100% juice for a no-added-sugar snack.

Storing: Place pears in a paper sack on the counter for faster ripening. A Bartlett pear is yellow when it is ripe, but some pears do not change colors when they ripen. To check if the pear is ripe and ready to eat, gently press the skin near the stem end of the pear. The pear should feel slightly soft. Refrigerate ripe pears for up to one week.

Buying: Pears can grow in Iowa, but most of the pears we buy come from warmer states. Buy them in season during the fall and winter for a cheaper price and better tasting fruit.



Wash. Bite. How easy is that?