

Pear Crisp (no heat)

8 Servings • 1 Serving = 1/2 Cup

Tips on Pears



How To Store

If not ripe, leave out at room temperature. Once ripe, store in fridge.



How To Use

Add in salads, soups, casseroles, & stir-fry.



Health Benefits

Heart health & promotes healthy cholesterol levels. Lowers risk of some cancers.

INGREDIENTS

- 2-15 oz cans of sliced pears, canned in water or 100% juice
- 3/4 cup pear juice, reserved
- 1 Tablespoon honey
- 1/2 teaspoon cinnamon
- 1/2 cup granola

DIRECTIONS

1. In a small bowl, combine cinnamon and honey with 3/4 cup pear liquid. Stir until combined.
2. Mix seasoned pear juice with sliced pears, stir until well combined.
3. Portion into eight 1/2 cup bowls.
4. Top with granola.

Nutrition Facts

servings per container	
Serving size	(116g)
Amount per serving	
Calories	120
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 2g	7%
Total Sugars 18g	
Includes 12g Added Sugars	24%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 90mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



FIND MORE RECIPES

SCAN THE QR CODE OR VISIT
chefsa.org/recipes



www.chefsa.org
5200 Historic Old Hwy 90
San Antonio, TX 78227

The Culinary Nutrition Education
Program Of The San Antonio Food Bank

This institution is an equal opportunity provider.

Crujiente de pera (sin cocinar)

8 porciones • 1 porción = 1/2 taza

Consejos de Peras



Cómo Almacenar:

Una vez madura, conserve en el refrigerador.



Cómo Utilizar:

Agrégallo a ensaladas y licuados, o úsalo para hornear pays y panes.



Beneficios Saludables:

Promueve niveles saludables de colesterol y reduce el riesgo de algunos cánceres.

INGREDIENTS

- 2 -latas (15 oz cada una) de rebanadas de pera, en agua o en 100% jugo
- 3/4 taza del líquido de la lata (reservado)
- 1 Cucharada de miel
- 1/2 cucharadita de canela
- 1/2 taza de granola

DIRECTIONS

1. En un tazón pequeño, mezcla canela y miel con 3/4 de taza de líquido de pera. Revuelve hasta que se integren.
2. Mezcla el jugo de pera sazonado con las peras en rodajas, y revuelve hasta que esté bien combinado.
3. Divide en ocho tazones de 1/2 taza.
4. Cubre con granola.

Nutrition Facts

servings per container	
Serving size	(116g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 2g	7%
Total Sugars 18g	
Includes 12g Added Sugars	24%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 90mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



FIND MORE RECIPES

SCAN THE QR CODE OR VISIT
chefsfa.org/recipes



www.chefsfa.org
5200 Historic Old Hwy 90
San Antonio, TX 78227

The Culinary Nutrition Education
Program Of The San Antonio Food Bank

Esta institución es un proveedor que ofrece igualdad de oportunidades.