

U.S. Grown Bartlett Pears
From the Orchard to Your Menu
K-12 Recipe Guide



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

RIPE &
READY



Ripe & Ready

never tasted so good

Ripe and ready to use on salad bars, in fruit cups, or recipes, U.S. grown, juicy canned pears are naturally sweet, delicious, and versatile.

Layer into yogurt and sandwiches.

Top salads and pizza.

Blend into smoothies and soups.

Use the juice from the can in dressings, smoothies, and baked goods.

Satisfy fruit requirements and your students' appetites with canned Bartlett pears from the Pacific Northwest.



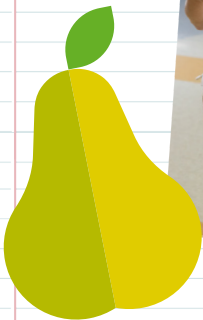
Convenient!



Delicious!



Versatile!





What's in the Can?

Bartlett pear orchards in Oregon and Washington are tended by farmers whose families have been cultivating pears for generations.

Harvested by hand, pears are delivered to nearby canneries where they are ripened, peeled, and cut before being poached in juice or extra light syrup, right in the can. Nothing else is added. This time-honored canning process keeps pears ripe, juicy, and ready to serve.

Available through the USDA Direct Delivery Commodity Program or from your distributor. Be sure to specify U.S. grown to support American farmers and be assured of the highest safety standards and the best quality.





Pacific Northwest Pear Crisp

K-12 Crediting: ½ cup fruit

Servings: 33 (½ cup portions)

With about five cups of juice in each #10 can, Pacific Northwest Canned Pears provide tremendous culinary potential. Pear juice adds subtle fruit flavor and boosts the complexity in salad dressings, marinades, soups, and sauces. When you use the juice plus the pears you're getting 100% yield from your canned pear purchase.

Ingredients

2 #10 cans Pacific Northwest pears, canned, sliced, extra light syrup, drained, juice reserved

¼ cup cornstarch

8 oz margarine, melted

1 cup flour, whole wheat

¼ cup sugar, granulated

8 oz oats, rolled, quick

½ cup sugar, brown, light, packed

½ tsp cinnamon

2 tsp ginger, ground

Directions

Drain pears and reserve 2 cups of liquid.

Spray 2 inch steamtable pan with pan release. Place 2 cans of pears and reserved liquid in the prepared pan. Sprinkle cornstarch over pears and toss to combine.

In mixer or large mixing bowl combine melted margarine, flour, sugar, rolled oats, brown sugar, cinnamon, and ginger. Use mixer paddle or gloved hands to mix topping until crumbly.

Sprinkle oatmeal mixture evenly over fruit.

Bake at 350°F 50 minutes, until golden brown.



Hulk Smoothie

K-12 Crediting: ¾ oz M/MA, ⅛ cup vegetable, ¼ cup fruit

Servings: 24 (8 oz)

Canned Bartlett pears are an easy way to add body and flavor to smoothies. To streamline production for high-volume settings, all you need is a commercial immersion blender and a food-grade bucket with a spigot. Add fruit, yogurt, and other ingredients and blend until smooth. Dispense using the spigot or use a ladle or pitcher.

Ingredients

1 #10 can Pacific Northwest pears, canned, sliced, extra light syrup, drained

64 oz yogurt, vanilla, low fat, pouch

12 oz spinach, fresh, ready to use

Directions

Combine pears, yogurt, and fresh spinach in a large, 5-gallon food safe container.

Using an immersion blender, blend ingredients until smooth. Alternatively, combine all ingredients in a blender and blend until smooth.

Portion 8 oz of the smoothie into a 9 oz clear cup and top with a lid. Smoothies can be made one day in advance.





Spicy BBQ Pizza with Roasted Pears

K-12 Crediting: 2 oz M/MA, 2 oz grain, ¼ cup fruit

Serving: 104 (13 pizzas, 8 pieces)

Oven roast canned pears to caramelize the sugars and concentrate the flavor as the moisture evaporates, leaving you with a delicious ingredient for salads, pizza, sandwiches, and desserts! Roast canned pears and refrigerate so the fruit is ready for recipe prep and service.

Ingredients

4 3/4 #10 cans (2 gal 3 qt) Pacific Northwest pears, canned, diced, extra light syrup, drained
2 tsp cayenne pepper, ground
1 Tbsp 1 tsp allspice, ground
¼ cup paprika
13 16-inch whole grain, pre-proofed, sheeted dough (at least 2 oz eq per serving)
2 qt 1 ¾ cups BBQ sauce, prepared
2 Tbsp 1 ½ tsp Italian seasoning
9 lb 6 oz mozzarella cheese, lite, shredded
4 lb 1 oz ham, 97% fat free, cooked, diced
1 qt ⅓ cup red onion, fresh, sliced

Note: Pears will continue to decrease in size when cooked on pizza.

Directions

Preheat oven to 350° F.

Roasted Pears

Toss drained pears with cayenne pepper, allspice, and paprika. Line 1 full sheet pan with parchment paper for each #10 can pears. Roast seasoned pears for 15 minutes. Remove from the oven and toss. Roast for 10 more minutes until lightly caramelized.

Divide pears into 8 portions, about 3 cups per pizza.

Prepare Each Pizza

(Note: 16-inch pizza crust makes 8 slices)

Preheat oven according to pizza crust manufacturer's directions.

Top each pizza crust with:

¾ cup BBQ sauce
½ tsp Italian seasoning
12 oz shredded mozzarella cheese
5 oz diced ham
3 cups Roasted Pears
⅓ cup sliced red onion.

Cook pizza according to crust manufacturer's directions.



Pear & Pepper Quesadilla

K-12 Crediting: 2 oz meat/meat alternate, 1 ½ oz grain, and ⅔ cup fruit

Servings: 33 (1 quesadilla, ¼ cup salsa)

Use your own salsa to pair with these quesadillas or try our Pacific Northwest Canned Pear Salsa as a delicious side. This salsa adds juicy texture and spicy-sweet flavor when served with chips, alongside grilled chicken, added to salads, and as a signature topping on fish tacos.

Ingredients

33 tortillas, whole grain, 8", thawed
1 #10 can Pacific Northwest pears, canned, diced, extra light syrup, drained
1 lb 2 oz bell pepper, red, diced ½ inch
1 oz onions, green, fresh, sliced thin
1 cup cilantro, fresh, chopped
1 Tbsp chipotle peppers in adobo sauce, 7 oz can
3 lbs turkey ham, fully cooked, diced, chilled or frozen
1 lb 1 oz cheese, cheddar, reduced fat, shredded
1 lb cheese, mozzarella, shredded
2 qts ¼ cup prepared salsa (or visit our website for Pear Salsa recipe.)
33 oz sour cream

Directions

Preheat oven to 350°F.

Place drained pears in large mixing bowl. Add prepared red bell pepper, green onion, cilantro, chipotle peppers and turkey ham. Mix to combine; set aside. In a separate bowl, combine cheeses.

Spray full size sheet pan(s) with pan release. Lay tortillas onto prepared pan. Top each with ½ cup of pear mixture on one half of each tortilla. Top with 1 oz shredded cheese blend. Fold in half. Spray top of quesadillas with pan release spray. Bake for 10 to 12 minutes or until tortillas are toasted and cheese is melted.

Serve quesadilla with ¼ cup pear salsa and 1 oz sour cream.





Roasted Pear Salad with Chicken & Cheddar

K-12 Crediting: 2 oz M/MA, ¾ cup dark green vegetable, ¾ cup other vegetable, ½ cup fruit
Servings: 16

Make the most out of your USDA foods by combining available items such as diced chicken, shredded cheese, and canned and dried fruit along with your DoD fresh purchases.

Ingredients

2 lb chicken, frozen, diced, cooked and thawed
1 #10 can Pacific Northwest pears, canned, diced, extra light syrup, drained
2 lb romaine lettuce, rinsed and dried
2 lb spring mix
2 cups dried cranberries
8 oz cheddar cheese
2 Tbsp dressing of choice

Directions

Preheat oven to 400° F. Spray sheet pan with pan release. Place thoroughly drained, diced pears in a single layer on pan (do not use parchment; pears will stick). Bake 20 minutes or until edges of pears start to brown.

Cut lettuce into 1 to 2-inch pieces and combine with spring mix. Place 3 cups of lettuce mix in the bottom of each salad container. Place 2 oz of wdiced chicken in bottom left corner and ¼ cup roasted diced pears in top right corner. Place ½ oz cheddar cheese in 2 oz cup in the top left corner. Sprinkle a line of dried cranberries between pears and chicken and the remainder in the bottom right corner.



Pear and Greek Yogurt Parfait

K-12 Crediting: 2 oz eq M/MA, 2 oz eq grain, ½ cup fruit
Servings: 19 (1 parfait)

Check your pantry for canned pears, a ripe and ready breakfast menu solution to boost fruit intake any time of year, as a hot and cold cereal topping, layered into yogurt parfaits, and for the delicious flavor and texture that it adds to muffins and pancakes.

Ingredients

1 #10 can Pacific Northwest pears, canned, diced, extra light syrup, drained
¼ cup honey
1 tsp ground cinnamon
2 lb 6 oz granola, Greek, vanilla, non-fat
152 oz yogurt

Directions

Combine honey and cinnamon in a mixing bowl. Using a spatula, gently fold in drained pears, making sure to evenly coat.

Layer ingredients in a 20 oz clear cup in the following order: ½ cup yogurt, ½ cup seasoned pears, ½ cup yogurt, and ½ cup granola. Cover with lid.



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