



Pacific Northwest Canned Pear Crisp

33 Servings

Portion: 1/2 cup

Meal Component Crediting K-8, 9-12: 1/2 cup fruit

Ingredients	Weight	Measure
Pears, Pacific Northwest, canned, sliced, extra light syrup, drained, syrup reserved*		2 no. 10 cans
Cornstarch		1/4 cup
Margarine, melted	8 oz	
Flour, whole wheat		1 cup
Sugar, granulated		1/4 cup
Oats, rolled, quick	8 oz	
Sugar, brown, light, packed		1/2 cup
Cinnamon		1/2 tsp
Ginger, ground		2 tsp

*1 #10 can pears diced, packed in juice or light syrup provides about 9 1/2 cups (66 oz) drained pears. We recommend using only U.S. grown and canned pears for the best flavor, quality, texture and yield.

Method

1. Drain pears and reserve 2 cups of liquid.
 2. Spray 2 inch steamtable pan with pan release.
 3. Place 2 cans of pears and liquid in the prepared pan.
 4. Sprinkle cornstarch over pears and toss to combine.
 5. Weigh and melt margarine. In mixer or large mixing bowl combine melted margarine, flour, sugar, rolled oats, brown sugar, cinnamon, and ginger.
 6. Use mixer paddle or gloved hands to mix topping until crumbly.
 7. Sprinkle oatmeal mixture evenly over fruit.
 8. Bake at 350°F for approximately 50 minutes until golden brown.
- CCP: Cook to a minimum internal temperature of 135°F*
9. Serve using no. 8 disher.
- CCP: Hold and serve at 135°F or above.*

Nutrients Per Serving

Calories 164
 Protein 1.33 g
 Carbohydrate 28.53 g
 Total Fat 4.90 g

Recipe by :
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 Pinellas County Schools
 Pinellas County, FL
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**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

<i>Saturated Fat</i>	2.10 g
<i>Cholesterol</i>	0 mg
<i>Vitamin A</i>	202.92 IU
<i>Vitamin C</i>	1.44 mg
<i>Iron</i>	.39 mg
<i>Calcium</i>	6.72 mg
<i>Sodium</i>	51.87 mg
<i>Dietary Fiber</i>	3.34 g

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