

Pear



HEALTH BENEFITS: Are you looking to add a juicy twist to your healthy eating routine? Look no further than the fabulous pear! These delightful fruits are not only delicious but also come packed with a bunch of health benefits that will have you saying, "Pear-fection!" First off, let's talk fiber. Pears are like the superheroes of the fruit world when it comes to keeping your stomach happy. They're loaded with dietary fiber that keeps things moving smoothly in your digestive system. Pears make for an excellent snack choice! Not only are they low in calories but are rich in essential vitamins and minerals, that give your body the nutrients it craves. Check! Potassium for a happy heart? Double check! Pears have got you covered. Oh, and did we mention their antioxidant powers? This fruit helps fight off those pesky free radicals, giving your cells a healthy glow from the inside out. So, if you're looking to add a touch of sweetness to your life while reaping all these amazing health benefits, grab yourself a pear. Your taste buds and your body will thank you for this yummy and nutritious treat.

SELECTION & STORAGE: When selecting the perfect pear, look for pears with a vibrant color that matches their specific type. For example, a ripe Bartlett pear will have a golden yellow hue. To test the ripeness, gently press the pear near the stem. If it gives slightly, it's ripe and ready to eat. Avoid pears with soft spots or bruises, as they may be overripe or damaged. If your pears need a little more time to ripen, store them at room temperature and place them in a fruit bowl or on the countertop, away from direct sunlight. Once they reach your desired level of ripeness, move them to the refrigerator. Pears release ethylene gas, which can speed up the ripening process of other fruits. To prevent this, store pears separately or keep them in a closed bag.



RECIPE OF THE MONTH: CARAMELIZED PEAR FLATBREAD

INGREDIENTS:

- 1/4 cup olive oil
- 2 medium yellow onions
- 2 tablespoon balsamic vinegar
- 2 teaspoon minced garlic
- 4 teaspoon sugar
- 1 1/4 teaspoon salt
- 2 ripe pears (peeled, cored, thinly sliced)
- 1 cup of warm water
- 1/4 oz active dry yeast
- 2 1/4 cup all purpose (wheat) flour
- 3 cup shredded mozzarella cheese
- 1/4 teaspoon ground black pepper
- 1/4 cup crumbled blue cheese

DIRECTIONS:

Heat 2 tablespoons of oil on in a large skillet over medium heat. Add onions. Cook 15 to 20 minutes, stirring occasionally, until onions are tender.

Stir in vinegar, garlic, 1 tablespoon, 1/2 teaspoon salt and pepper. Remove from heat.

Coat 2 baking sheeting with no-stick cooking spray. Stir warm water, yeast, and 1 teaspoon sugar in medium bowl. Let stand for 10 minutes. Stir in flour, 2 tablespoons oil and 1 teaspoon salt until dough forms. Knead on floured surface for 1 minute. Cover and let rest or 5 minutes.

Heat oven to 425°F. Divide dough in half. Roll out each half on a prepared baking sheet. Bake for 8 minutes.

Spread onion mixture evenly over crusts. Top with pear and sprinkle evenly with mozzarella cheese. Bake an additional 10 to 15 minutes or until cheese is lightly browned. Sprinkle with blue cheese, if desired. **ENJOY!**

