



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

A sweet and juicy package full of nutrients!

Pears have:

- 100 calories per serving
- No sodium, fat, or cholesterol
- Excellent source of fiber (22% DV)
- Vitamin C & antioxidants – which vary by skin color!



DID YOU KNOW a pear is one of the few fruits that does not ripen on the tree?

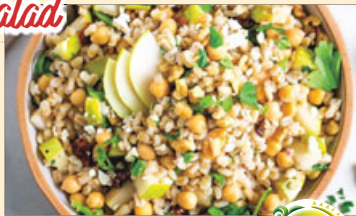
Harvested when it is mature, it must ripen at room temperature. While Bartlett's skin color brightens as it ripens, most varieties of pears show little change in color.

To determine ripeness, you must apply gentle pressure to the stem end.

Pear Barley Salad

Ingredients:

- 1/3 cup walnuts
- 1 cup uncooked barley
- 1 cup cooked chickpeas
- 2 green Anjou pears, divided
- 1/3 cup chopped sun dried tomatoes
- 3/4 cup crumbled feta
- 1/4 cup chopped fresh parsley
- 1 handful baby arugula
- 3 Tbsps. red onion
- 1/4 cup apple cider vinegar
- 1/3 cup olive oil
- 2 tsp. maple syrup
- 1 tsp. Dijon mustard
- 1 tsp. dried oregano
- 1/2 tsp. sea salt
- 1/4 tsp. pepper



Directions:

1. Cook barley according to package instructions. Drain.
2. Toast walnuts in a small skillet. Let cool.
3. Add minced onion in a small bowl with the vinegar and let marinate while you prep the salad.
4. Chop 1-1/2 pears and save the remaining half for fanning and decorating the salad.
5. Add cooked barley, chickpeas, pear, sun dried tomatoes, arugula, parsley, and feta into a large bowl.
6. Add remaining dressing ingredients into the bowl with the vinegar and red onion and whisk until combined.
7. Pour dressing over salad mixture and toss to coat.
Taste and season with additional salt and pepper, if needed.

Recipe and images courtesy of USAPEars.org.