



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

# Dietitian's Dish

## Pears offer Sweet Protection!

Growth and development during childhood requires more nutrients than for adults.

Poor diet quality has led to several diseases starting earlier in life.

Recent studies show that heart disease can begin to develop in adolescence.

By including more fruit and vegetables in your family's diet, you can help prevent these illnesses.

Instead of just cutting out less healthy foods, replace them with more fruits and veggies.

Pears offer a good source of vitamin C and are high in fiber, along with potassium and other micronutrients. Vitamin C helps your child build strong muscles, blood vessels, bones, and teeth, along with its antioxidant protection for the heart. Fiber helps with digestive regularity, prevents blood sugar spikes, reduces cholesterol and may decrease the risk of heart disease.

**Sweeten your meals and snacks while building better health, with pears!**

## Barbeque Pork, Pear and Cheddar Quesadillas

### Ingredients:

- 6 oz. cooked, shredded pork
- 2 Tbsps. barbecue sauce, plus more for dipping
- 4 (8-in.) flour tortillas
- 4 oz. cheddar cheese, grated
- 1 large, ripe pear (Anjou or Bosc), sliced
- Cilantro, chopped (for garnish)



Recipe (edited) and image courtesy of [USAPears.org](http://USAPears.org).

### Directions:

1. Preheat the oven to 400°F degrees. Mix the shredded pork with the barbecue sauce and microwave for 1 1/2-2 minutes to warm. Set aside until ready to use.
2. Lay out two of the tortillas in a single layer on a sheet pan. Sprinkle the tortillas with half of the cheese. Divide the pork between the two tortillas. Next, arrange the pear slices around the tortillas as evenly as possible, and then top the pear slices with the remaining cheese. Lastly, place the remaining two tortillas atop the cheese layer and transfer to the oven.
3. Bake the quesadillas for 10-12 minutes, or until the tortillas begin to crisp lightly. Remove from the oven and allow them to cool slightly. Transfer the quesadilla to a cutting board and slice into quarters. Sprinkle with chopped cilantro and serve immediately with barbecue sauce for dipping.

## Student's Pear Salsa

### Ingredients:

- 1 pear, cored and finely chopped
- 1 apple, cored and finely chopped
- 2 kiwifruits, peeled and finely chopped
- 1 orange, peeled and finely chopped
- 2 Tbsps. honey
- 1 tsp. lemon juice
- Cinnamon graham crackers



### Directions:

1. Combine chopped fruit in a medium-sized bowl. Pour honey and lemon juice over fruit and gently toss.
2. Scoop up bites of fruit salsa using cinnamon graham crackers.

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