

**FOR IMMEDIATE RELEASE**

## **Pre-Pear for Back to School Nutrition**

*Make the Lunch Bunch Happier and Healthier*

**YAKIMA, Wash.**— With the excitement of heading back to school, children will be rushing out the door to join friends in another year of science projects, book reports and after-school sports. That’s why eating healthy, nutritious food is important to help kids reach their optimum physical and mental performance.

The fact is, though, kids eat what they like. And what they like isn’t always healthy. According to the report, “Dole’s Fruit and Vegetable Update: What America’s Children Are Eating<sup>1</sup>,” today’s youngsters are only eating half of the recommended 5-A-Day servings of fruits and vegetables. But getting kids to eat fruits and veggies can be easier if you know which foods combine great taste with nutrition. Sweet and juicy Pacific Northwest canned pears are a delicious source of nutrients to help stay focused and active through the day.

Instead of handing kids a toaster pastry for breakfast, give them a great tasting Pear Bar made with naturally sweet canned pears, flavored with cinnamon and allspice. A good source of fiber and protein, one bar will provide long-lasting get-up-and-go nutrition for the morning. How about an exotic lunchbox experience with tasty Thai Chicken and Pear Lettuce Wraps? This finger food provides a healthy source of protein for a mid-day replenishment of energy with plenty of kid-friendly sweetness.

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<sup>1</sup> [www.dole5aday.com/Teachers/pdfs/ExplodingPyramid.pdf](http://www.dole5aday.com/Teachers/pdfs/ExplodingPyramid.pdf)

## **BACK TO SCHOOL**

**2-2-2-2**

Or create a zany snack that's still wholesome like some Pear Roll-ups, a mixture of pureed canned pears baked until dry. These tasty treats could not be any easier to prepare. Make them with the kids on Sunday night to take for snacks the rest of the week.

For more delicious and nutritious recipes using canned pears, log on to

[www.eatcannedpears.com](http://www.eatcannedpears.com).

### **Pear Bars**

Serves: 9

Prep Time: 20 minutes

Bake Time: 20-25 minutes

½ cup packed brown sugar  
¼ cup butter or margarine, softened  
1 large egg  
1 teaspoon vanilla  
1 15-ounce can pears, drained and chopped  
1 cup granola cereal  
¾ cup whole wheat flour  
¼ cup nonfat dry milk  
¼ teaspoon baking soda  
¼ teaspoon salt  
½ teaspoons ground cinnamon  
¼ teaspoon ground allspice  
½ cup chopped walnuts or sunflower seeds

Preheat oven to 350°F. Spray an 8x8x2-inch baking pan with non-fat cooking spray. In a large bowl on medium speed of electric mixer beat together brown sugar and butter; beat well. Beat in egg and vanilla. Stir in pears; set aside. In a small bowl stir together granola, flour, nonfat dry milk, soda, salt, cinnamon and allspice. Stir into pear mixture nuts or seeds. Spread batter in prepared pan. Bake for 22 - 25 minutes or until wooden pick inserted in center comes out clean. Cool bars in pan on a wire rack. Cut into 9 bars. Wrap each bar individually in foil or plastic wrap for a take-along snack.

*Nutritional Information Per Serving: calories 257; fat 12g cholesterol 37mg; sodium 202mg; carbohydrate 35g; dietary fiber 3g; protein 5g.*

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## **BACK TO SCHOOL**

### **3-3-3-3**

#### **Thai Chicken & Pear Lettuce Wraps**

Serves: 3

Prep Time: 20 minutes

- 1 15-ounce can pear slices or halves
- 2 boneless, skinless chicken breasts, cooked and diced
- ½ cup salted peanut halves
- ¼ cup sliced green onion
- 2 Tablespoons minced cilantro
- 1 Tablespoon Thai fish sauce\* or olive oil
- 1 ½ teaspoons brown sugar
- 1 Tablespoon lime or lemon juice
- 2 Serrano chilies, seeded and minced
- About 9-10 head lettuce or leaf lettuce leaves

Drain pears, reserving 2 tablespoons of the juice. Dice the pears. In a large bowl toss together pears, chicken, peanuts, green onion and cilantro. In a small bowl whisk together the Thai fish sauce or olive oil, sugar, reserved pear juice, lime juice and chilies. Pour dressing over chicken mixture. Cover and chill several hours or overnight. To make wraps, spoon about 1/3 cup of the mixture onto a lettuce leaf. Fold in sides of lettuce leaf, then roll up like a burrito. Repeat with remaining filling and lettuce leaves. Makes about 4 cups salad mixture.

\* Thai fish sauce (nam pla) is available in the Asian section of larger supermarkets or Asian markets. You can substitute olive oil for the Thai fish sauce for a different, but flavorful, dressing for this dish.

*Nutritional Information Per Serving: calories 314; fat 14g; cholesterol 42mg; sodium 595mg; carbohydrate 7g; dietary fiber 4g; protein 24g.*

#### **Pear Roll-Ups**

Serves: 16 rolls

Prep Time: 10 minutes

Cook Time: 2-3 hours for drying

- 2 15-ounce cans Pacific Northwest canned pear halves or slices

Line 2 flat baking sheets with foil sprayed lightly with cooking spray. Drain pears, reserving 1/2 cup liquid. In a blender or food processor, combine pears and reserved liquid; process until well pureed. Pour 1/2 of pureed mixture evenly onto each foil-lined sheet. Spread so that puree is evenly distributed and is 1/8 to 1/4-inch thick. Place on racks in 175 degrees F oven. With oven door ajar, allow mixture to dry (about 2 to 3 hours) until fruit is tacky and pulls off of foil in one piece. Cut each pan into 8 strips. Lay strips on plastic wrap and form into roll-ups. Store roll-ups in an air-tight container.

*Nutritional Information Per Serving: calories 28; fat 0.01g; cholesterol 0mg; sodium 3mg; carbohydrate 7g; dietary fiber 1g; protein 0.22g.*