

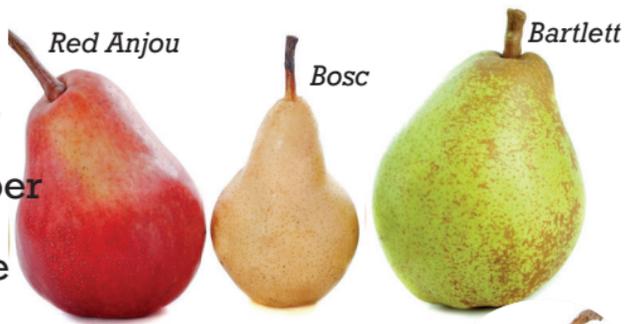
Pear



Pears come in many varieties, the most common being bosc (brown, soft, and sweet), anjou (green or red and crisp), and bartlett (also green, mild, and crisp). Pears are a good source of fiber and vitamin C. They have a very small core of seeds, making them easy to eat on the go!

Storage

Store at room temperature until it reaches peak ripeness, then move to the fridge to extend life if needed. Keep it away from other ripe fruit to extend life, or with ripe fruit in a paper bag to speed ripening. Wash just before using. Avoiding removing the skin, which is rich in nutrients.



Cooking

Pears are great added fresh to salads or sandwiches, in baked goods like pies or muffins, or poached for a healthy dessert. They can also be used to add sweetness to savory dishes, sauces, and roasted meat or vegetables.



Cauliflower and Pears with Sage & Hazelnuts

lovin'
spoonfuls
a food rescue



Serves: 6-8 Total Time: 25 minutes

Ingredients:

- 6 tbsp unsalted butter
- 1 medium head cauliflower, cut into small florets
- ½ cup hazelnuts, chopped & toasted
- 8 fresh sage leaves, thinly sliced crosswise (or 1 tbsp dry rubbed)
- 2 large ripe pears, cored and coarsely chopped
- Salt & pepper to taste
- 2 tbsp chopped fresh flat-leaf parsley (optional)



Directions:

1. Preheat oven to 350°F. Toast hazelnuts: spread in a single layer on a baking sheet and bake 10-15 minutes, stirring every 5 minutes, until lightly browned.
2. In a medium skillet over medium-high heat, cook butter until light brown and bubbly. Add the cauliflower, hazelnuts, and sage. Cook, stirring occasionally, until cauliflower is browned and just tender, 8-10 minutes.
3. Remove the pan from the heat and gently toss in pear. Season with salt and pepper to taste. Top with parsley (optional) and serve.