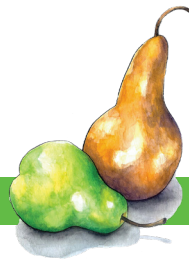


HARVEST of the MONTH at home

Pear-Berry Yogurt Pops



INGREDIENTS

- 2 medium pears
- 1 cup blueberries
- 2 TB water
- 2 cups vanilla yogurt, low-fat

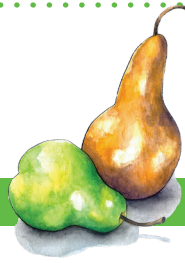
DIRECTIONS

1. Peel and slice pears.
2. Place the pears, blueberries, and water into a blender or food processor; cover and mix until smooth.
3. Add the yogurt to the blueberry mixture and blend again.
4. Divide the mixture among 12 ice-pop molds (or use popsicle sticks & paper cups)
5. Freeze 4-6 hours until firm.

Source: Super Healthy Kids

HARVEST of the MONTH at home

Baked Oatmeal with Pears



INGREDIENTS

- 2 cups rolled oats
- 1/2 cup walnuts
- 2 tsp cinnamon
- 1 tsp baking powder
- 3/4 tsp salt
- 1/4 tsp ground nutmeg
- 1/8 tsp ground cloves
- 2 cups milk (any type)
- 1 cup Greek yogurt
- 1/4 cup maple syrup
- 2 TB olive oil
- 1 tsp vanilla
- 2 pears, diced small

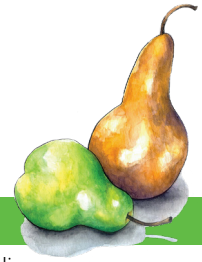
DIRECTIONS

1. Preheat oven to 375 degrees F. Coat a 9-inch-square baking dish with cooking spray.
2. Mix oats, walnuts, cinnamon, baking powder, salt, nutmeg, and cloves in a large bowl. Whisk almond milk (or milk), 1 cup yogurt, maple syrup, oil, and vanilla in a medium bowl.
3. Pour the wet ingredients into the dry ingredients. Gently mix in pears. Transfer the mixture to the prepared baking dish. Bake until golden brown, 45 to 55 minutes.
4. Top each serving with 1 tablespoon of the remaining yogurt, if desired.

Source: Eating Well

HARVEST of the MONTH at home

Turkey, Swiss, & Pear Wraps



INGREDIENTS

- 4 whole wheat tortillas
- 1/2 cup honey mustard
- 1 cup alfalfa sprouts
- 1/2 lb deli turkey slices
- 1/4 lb swiss cheese slices
- 1 pear, cored & sliced

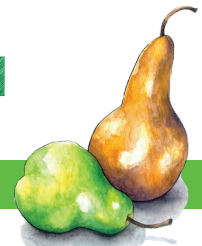
DIRECTIONS

1. Spread one side of the tortilla with 1 tablespoon of the honey mustard.
2. Divide the alfalfa sprouts, turkey, cheese and pears amongst the tortillas and wrap them up!

Source: Food.com

HARVEST of the MONTH at home

Pear Pasta Salad



INGREDIENTS

- Dressing**
 - 1/2 cup extra-virgin olive oil
 - 1/2 cup plain Greek yogurt
 - 3 TB red wine vinegar
 - 2 cloves garlic, minced
 - 3/4 tsp kosher salt
 - 1/2 tsp ground black pepper
 - 1 tsp dried oregano
- Salad**
 - 1 pound dried short whole wheat pasta
 - 2 firm pears, cut into bite size pieces
 - 1/2 cucumber, seeded, and sliced
 - 8 ounces bite-size fresh mozzarella balls
 - 4 ounces sliced salami, coarsely chopped
 - 3 cups baby arugula or spinach

DIRECTIONS

1. To make the dressing: In a blender, combine the olive oil, yogurt, vinegar, garlic, salt, and pepper. Blend until smooth. Stir in the oregano. The dressing will keep for up to 3 days in the refrigerator.
2. To assemble the salad: Bring a large pot of salted water to a boil. Add the pasta and cook according to package directions until tender. Drain and rinse under cold water to cool to room temperature; drain well.
3. Place the pasta, pears, cucumber, mozz, salami, and pickled peppers in a very large bowl. Pour in the dressing and toss to coat well. Taste and adjust the seasoning.
4. Cover and refrigerate for at least 30 minutes and up to 1 day. Toss in the greens just before serving.

Source: USA Pears