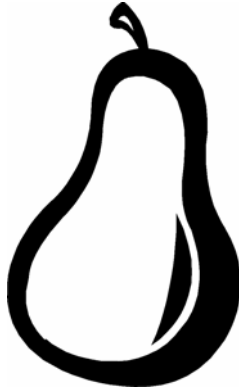


## Pick a **better snack**<sup>TM</sup> (how easy is that?)

**Wash. Eat.**



### Microwave Maple-filled Pears

- ¼ cup raisins or dried cranberries
- ¼ cup chopped nuts
- ¼ cup maple-flavored syrup
- ½ teaspoon lemon peel
- ¼ teaspoon ground cinnamon
- 3 large pears, pared, halved and cored

Combine raisins, nuts, syrup, lemon peel and cinnamon; set aside. Arrange pears, cut-side down, in microwave-safe baking dish. Cover with plastic wrap. Microwave on high for 5 minutes. Turn pears over and spoon maple mixture into the center of each pear. Microwave, covered, on high for 3 to 4 minutes longer or until pears are tender. Serves 6.

Pick a **better snack**<sup>TM</sup>



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Pick a **better snack**<sup>TM</sup>



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**Pear**



**Wash. Eat. How easy is that?**

- Slice pears and place in a plastic bag in the refrigerator.
- Halve the pear and fill with cottage cheese. Place on a bed of lettuce and top with dried cranberries.
- Slice pears and serve with cheddar cheese slices, low-fat yogurt or low-fat blue cheese dressing.

**Buying tips:** Choose firm, well-shaped pears without cuts or bruises.

**Special tips:** Place firm, fresh pears in a brown bag to ripen.

**Storing tips:** Store unripened pears at room temperature for 2-3 days. Ripe pears should be stored in a plastic bag or in the crisper away from vegetables and will last for 3-5 days.

**Serving size:** 1 medium pear

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**Message from Iowa Nutrition Network and USDA's Food Stamp Program**

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