

Pick a **better snack**[™] – THE COLOR WAY

PEARS

Wash. Eat. How easy is that?



Pears are almost as popular as apples in the United States. They may be eaten raw, canned or cooked. Several of the more popular varieties include: Asian – a crunchier variety that is growing in popularity; Anjou – most abundant and least expensive of the winter pears; Bartlett – a summer pear accounting for 75 percent of commercial production; Bosc – has rough, reddish-brown skin; and Comice – greenish yellow skin, eaten fresh for dessert.

CONFETTI PEAR AND SPINACH SALAD

- 1 package (10 oz.) fresh spinach
- 1 can (15 oz.) sliced Bartlett pears in light syrup, drained
- ½ cup chopped red bell pepper
- ½ cup coarsely chopped walnuts
- 3 slices bacon, cooked crisp and crumbled
- ¼ cup bottled balsamic vinegar dressing
- 1 teaspoon finely grated orange zest

In a large salad bowl, combine the spinach, pears, bell pepper, walnuts and bacon. In a small bowl, whisk together dressing and zest. Drizzle over salad and toss.

Including WHITE fruits and vegetables in your low-fat diet help maintain:

- Heart health
- Cholesterol levels that are already healthy
- A lower risk of some cancers

Pick a **better snack**[™] was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site www.idph.state.ia.us/pickabetersnack or Iowa State University Extension web site www.extension.iastate.edu/food. For more information about *5 A Day the Color Way*[™], visit www.5aday.com.