

ABOUT ASIAN PEARS

The cultivation of the Asian pear can be dated back to the 6th century. In Japan, pears were believed to ward off evil and misfortune and were frequently planted near gates and in the corner of properties for protection. Asian pears are often referred to as apple pears because of their crisp and juicy apple-like consistency. Unlike other pears, Asian pears are sold when ripe and maintain a crisp texture long after being picked. Careful handling must be practiced because their delicate skin bruises and becomes discolored easily. Asian pears are a good source of vitamin K and potassium and a good source of vitamin C and copper.



Choose:

- ◆ Smooth-skinned, round fruit with a golden hue

Avoid:

- ◆ Asian pears with too much green at the top. This is a sign they were picked prematurely.

Storage:

Asian pears need to be refrigerated.

Serving Tip:

- ◆ Use as a substitute in apple recipes.
- ◆ Chop up and add to holiday stuffing, sauté slices with cinnamon and serve with pork.

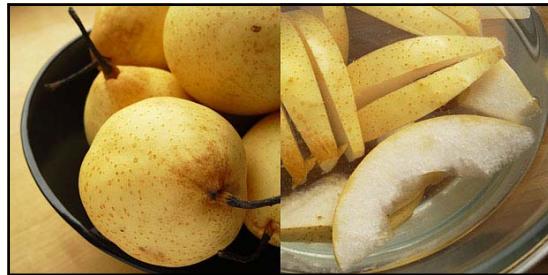
ASIAN PEARS

Asian Pear and Grilled Cheese Sandwich



Yield: 1 sandwich

Time: 15 minutes



Ingredients

1 tablespoon unsalted butter or margarine, softened
2 slices whole wheat bread
2 ounces thinly sliced cheese of your choice
5 (1/2-inch-thick) slices Asian pear

Directions

1. Heat a large frying pan over medium-low heat. Meanwhile, spread half of the butter or margarine on one side of each slice of bread.
2. Once the pan is warm, add 1 slice of bread, buttered side down, then top with half of the cheese, all of the pear slices, and finally the remaining cheese. Close with the second slice of bread, buttered side up.
3. Cook until the bread is toasted and the cheese is melted, about 5 minutes per side.

Notes: _____
