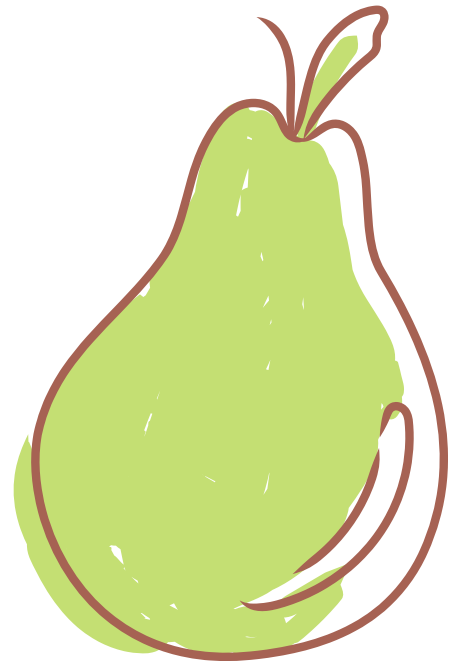


Hearty Oatmeal With Pears

Serves 2 Recipe from usapecars.org

Ingredients

- 1 Bosc or Anjou, cored and chopped
- 1 cup old-fashioned oatmeal
- 1/2 teaspoon ground cinnamon
- 4 tablespoons brown sugar
- 1/3 cup raisins
- 2 cups water
- 1/4 cup pecans, toasted



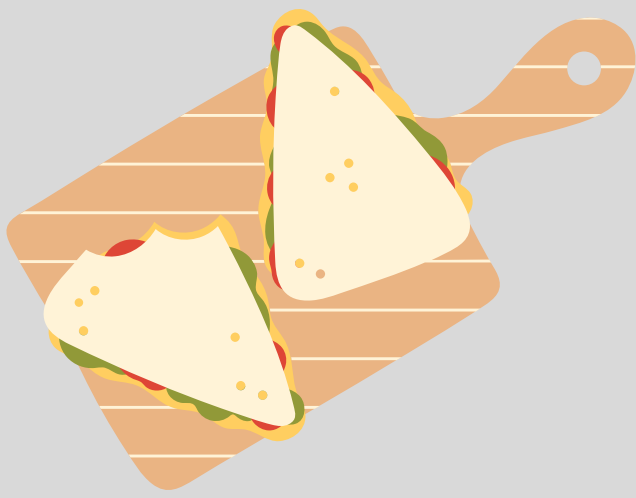
Directions

- Wash hands.
- Combine pear, oatmeal, cinnamon, brown sugar, raisins, and water in a large glass bowl.
- Microwave on high for 7 minutes or until pears is tender.
- Divided between two bowls, top with pecans, and enjoy!



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BARTLETT PEAR QUESADILLA

SERVES 4

Recipe from usa.pears.org

INGREDIENTS

- 4, 8 inch flour tortillas
- 1/2 cup shredded cheese
- 3 tablespoons fresh basil leaves, sliced or 1 tablespoon dried.
- 2 tablespoons onion, chopped
- 2 tablespoons walnuts, chopped
- 1 Bartlett pear, cored and thinly sliced
- 2 teaspoons olive oil

DIRECTIONS

- Wash hands.
- On half of the tortilla, sprinkle 1/4 of cheese, basil, onion, and walnuts; top with pear slices.
- Fold in half, brush both sides with olive oil.
- Heat in a non-stick skillet for 2 to 3 minutes until cheese melts and tortilla browns.
- Cut each quesadilla into four pieces.



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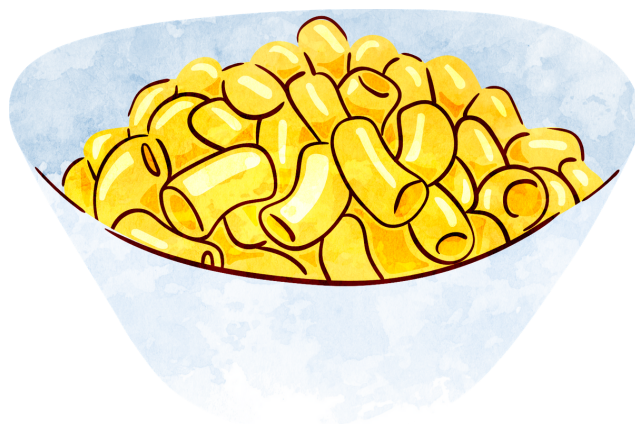
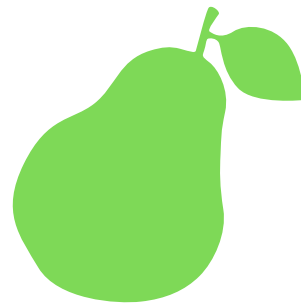
KID-FRIENDLY MACARONI AND CHEESE WITH BROCCOLI AND PEARS

Serves 4

Recipe from usapectars.org

INGREDIENTS

- 12 oz pasta
- 3 tablespoon butter, divided
- 1/4 cup milk
- 1 cup shredded cheese
- 1 bag frozen broccoli
- 1-2 pears, diced
- Salt
- Pepper
- Paprika



DIRECTIONS

- Wash hands.
- Cook pasta and then drain pasta.
- Heat 1 tablespoon butter in a pot, add a bag of frozen broccoli.
- Once broccoli is cooked, add pasta, 2 tablespoon butter, 1/4 milk, 1 cup cheese, and diced pears.
- Season with salt, pepper, and paprika.



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ARUGULA AND PEAR SALAD

Serves 4

Recipe from foodnetwork.com

INGREDIENTS

- 1/2 cup walnut halves
- 5 to 6 cups arugula, cleaned and dried
- 1 Bosc or Anjou pear, thinly sliced
- 1 lemon
- 3 tablespoons extra-virgin olive oil
- Salt and freshly ground black pepper

DIRECTIONS

- Wash hands.
- Toast walnuts in a small pan over medium heat.
- Combine arugula and pear in a bowl.
- Add walnuts.
- Add lemon juice, olive oil, salt, and pepper to the salad.



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