

Canned Pears Recipes



Cook's Choice Award Sour Cream Pear Bread

You will need:

4 - 5 canned pear halves, chopped
2 eggs
1 tsp. baking soda
1 cup sour cream

$\frac{1}{2}$ cup butter
3 tbsp. pear juice
1 tsp. baking powder

1 cup sugar
2 cups flour
 $\frac{1}{4}$ tsp. salt

1/4 cup walnuts

1/4 cup brown sugar

1 tsp. cinnamon

Instructions:

- Preheat oven to 350 degrees F. Lightly grease a large loaf pan or 2 small loaf pans.
- Mix nuts, brown sugar, and cinnamon together. Set aside.
- Cream butter, sugar, and eggs. Add pear juice and chopped pear halves.
- Mix in dry ingredients and alternately add sour cream.
- Pour not quite half of the batter into one large greased loaf pan or 2 small loaf pans.
- Generously heap the nut mixture into the center of the batter. Pour the remaining batter on top.
- Bake at 350 degrees F. for 50 - 60 minutes. Let cool partway in pan.

Orange-Glazed Chicken with Pears

You will need:

1 (15 oz.) can pears, cut into $\frac{1}{4}$ inch slices
 $\frac{1}{4}$ cup sugar
4 6 oz. boneless chicken breasts
1 orange, zest grated and juice squeezed

2 tbsp. soy sauce
1 tsp. ground ginger
1 onion, cut into thin wedges

2 tbsp. white vinegar
salt and black pepper

Instructions:

- Heat the soy sauce, vinegar, sugar, and ginger in a large nonstick skillet over medium heat until the sugar melts, about 3 minutes.
- Season the chicken with $\frac{1}{2}$ tsp. salt and $\frac{1}{4}$ tsp. pepper and add to skillet. Cook 3 minutes per side.
- Add the onion, and orange zest and juice. Cover; reduce heat to low, and cook until cooked through, 12 to 15 minutes.
- Add pears 10 minutes into cooking process. Transfer the chicken and pear slices to plates.
- Simmer the sauce until thickened, 1 to 2 minutes, and pour over chicken.

Patriotic Fruit Salad

You will need:

1 can (15 oz.) can sliced pears, drained
1 tbsp. grated lemon zest
1 cup fresh blueberries

1 $\frac{1}{2}$ cups fresh strawberries, stemmed and quartered
2 tbsp. fresh lemon juice
1 tbsp. sugar or honey

Instructions:

- Stir together lemon zest, lemon juice, and sugar in a small bowl.
- Combine sliced pears, strawberries, and blueberries in a medium bowl.
- Just before serving, spoon lemon mixture evenly over fruit; gently toss.

Pear Watermelon Salsa

You will need:

1 (15 oz.) canned pears, drained and chopped
 $\frac{1}{2}$ cup chopped green pepper
1 tbsp. chopped jalapeno pepper

3 cups watermelon
2 tbsp. lime juice
 $\frac{1}{2}$ tsp. garlic salt

2 tbsp. chopped fresh cilantro
1 tbsp. chopped green onions

Instructions:

- In a large bowl, combine pears, watermelon, green bell pepper, lime juice, green onions, cilantro, jalapeno and garlic salt.
- Mix well and serve.

Pear Chocolate Cake

You will need:

1 (15.25 oz.) pkg. chocolate or chocolate fudge cake mix with pudding in the mix
1 (15 oz.) can pear halves in syrup
1 cup chopped pecans, optional

3 large eggs
1- $\frac{1}{4}$ cups semi sweet chocolate chips

Instructions:

- Preheat oven according to directions on the cake mix package.
- Coat a 13x9-inch baking pan with a non-stick cooking spray and set aside.
- Combine cake mix, pears, and eggs in a medium bowl.
- Using an electric mixer and beat mixture according to cake package instructions.
- (Pears will breakdown and become smooth while beating.) Pour batter into prepared pan.
- Bake 30 minutes or until wooden pick inserted into center comes out clean.
- IMMEDIATELY sprinkle chocolate chips evenly over hot cake and top with nuts.
- Cook cake in pan on cooling rack.

Fruity Sorbet Swirl

You will need:

1 (15 oz.) canned pear halves in heavy syrup
1 cup plain low fat Greek yogurt

1 (15 oz.) canned peaches in syrup

Instructions:

- Remove fruit from cans and place into a bowl or large zip lock baggie.
- Slice fruit into 2-inch chunks. Place fruit and juices into freezer for at least 5 hours.
- Transfer chunks and juice to bowl of food processor and process until smooth.
- Fold yogurt into pureed mixture with a spatula to create swirls.
- Serve immediately or refreeze.