

Recipes Using Canned Pears



Neighbors, Inc., South St. Paul, MN 55075

Chicken Pear Salad

You will need:

1 (15 oz.) canned pears, drained, cut into chunks	1 tbsp. finely chopped red or green onions	
1 large stalk celery, diced	1 cup red grapes, halved	2 cups cooked diced chicken
$\frac{1}{4}$ cup mayo or $\frac{1}{2}$ mayo and $\frac{1}{2}$ sour cream	2 tsp. Dijon mustard	2 tsp. honey or sugar
salt and pepper to taste	$\frac{1}{2}$ cup chopped walnuts or almonds	salt and pepper to taste

Instructions:

- Mix all ingredients together. Chill. Serve as a salad on a bed of lettuce or as a wrap.

Patriotic Pear Salad

You will need:

1 (15 oz.) canned sliced pears, drained	1 $\frac{1}{2}$ cups fresh strawberries, stemmed and quartered	
1 tbsp. grated lemon zest	2 tbsp. fresh lemon juice	1 tbsp. sugar or honey
1 cup fresh blueberries		

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.

Vanilla Pear Oatmeal

You will need:

1 (15 oz.) canned pears	2 $\frac{3}{4}$ cups water	2 cups quick cooking rolled oats
$\frac{1}{4}$ cup almonds or pecans, slivered and toasted	$\frac{1}{2}$ tsp. cinnamon	1 tsp. vanilla extract
1 cup dried cranberries or other fruit	$\frac{1}{4}$ tsp. salt, optional	brown sugar, optional

Instructions:

- Drain pears, reserving syrup. Chop pears; set aside.
- Combine water, reserved syrup, and salt in a saucepan. Bring to a boil. Add oats; reduce heat.
- Cook, uncovered, 1 minute, stirring occasionally. Remove pan from heat.
- Stir in nuts, cinnamon, and vanilla. Cover and let stand 2 - 3 minutes to reach desired consistency.
- Top each serving with chopped pears and fruit of choice. Sprinkle with brown sugar, if desired.
- To toast almonds, preheat oven to 350 degrees F. Place almonds in shallow baking pan.
- Bake 6 - 8 minutes or until lightly toasted, stirring once.

Pear Coffee Cake

You will need:

2 (15 oz.) canned pears, drained	2 cups all-purpose flour	2/3 cup sugar
1 tsp. baking powder	1 tsp. baking soda	1 tsp. cinnamon
1 cup light sour cream or low fat plain Greek yogurt		salt, optional
1/3 cup vegetable oil	2 eggs, beaten	1 tsp. vanilla extract
1/2 cup uncooked old-fashioned oats	1 cup chopped pecans	1/2 cup packed dark brown sugar
1 1/2 tsps. cinnamon	3 tbsps. butter, melted	

Instructions:

- Preheat oven to 350 degrees F. Lightly spray a 13x9-inch baking pan with nonstick cooking spray.
- **For Coffee Cake:** Stir together flour, sugar, baking powder, cinnamon, and salt in a large bowl.
- Mash pears into small pieces. Add pears, sour cream, oil, eggs, and vanilla. Stir well with a whisk.
- Smooth batter into prepared baking pan.
- **For Streusel:** Stir together pecans, oats, brown sugar, cinnamon, and butter in a small bowl.
- Sprinkle evenly over batter and pat lightly. Bake, uncovered, for 45 minutes.
- Place on wire rack to cool. Serve warm or at room temperature.

Chicken with Pears

You will need:

1 (15 oz.) canned pears, cut into 1/4 inch slices	2 tbsp. soy sauce	2 tbsp. white vinegar
1/4 cup sugar	1 tsp. ground ginger	salt and black pepper
4 6 oz. boneless chicken breasts	1 onion, cut into thin wedges	
1 orange, zest grated and juice squeezed		

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 1/2 tsp. salt and 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.

Pear Chocolate Cake

You will need:

1 (15 oz.) canned pears not drained	1 package (15.25 oz.) chocolate fudge cake mix	3 large eggs
1 1/4 cups semisweet chocolate chips	1 cup pecans, optional	

Instructions:

- Preheat oven according to instructions on cake mix package. Coat 13x9-inch pan with nonstick spray.
- Cut pears into small pieces. Combine cake mix, pears with liquid, and eggs in a medium bowl.
- Using an electric mixer, beat according to instructions on cake mix box.
- The pears will breakdown and become smooth while beating. Pour batter into prepared pan.
- Bake 30 minutes or until wooden toothpick inserted in center comes out clean.
- IMMEDIATELY sprinkle chocolate chips evenly over hot cake and top with chopped nuts.
- Press down lightly. Cool cake in pan on cooling rack.