

Quick Lunchbox Ideas

(NAPSA)—Parents looking for a sweet choice for school lunches should consider pears.

Grown in Oregon and Washington, USA Pears are an excellent source of fiber and a good source of vitamin C. They also make a smart snack.

To ripen fresh pears, leave them at room temperature. When a pear gives to gentle pressure near the stem, it's ripe, juicy and ready to enjoy.



For a quick midday or after-school treat, try these fresh ideas:

- Slide pear slices into a peanut butter and jelly sandwich or quesadilla

- Roll up pear slices, turkey, cheese and lettuce in a whole wheat tortilla

- Stir chopped pears into yogurt and top with granola

- Sprinkle diced fresh pears into a green or fruit salad

- Try this mixed fruit salsa with graham cracker “dippers”:

Student's Pear Salsa

Combine 1 of each: finely chopped, cored USA Pear, apple, orange and 2 finely chopped kiwi fruit in medium bowl. Gently toss fruit with 2 tablespoons honey and 1 teaspoon lemon juice. Scoop up bites of salsa using cinnamon graham crackers. Or pack a serving of salsa in an airtight container and place graham crackers in a separate baggie for a delicious lunch addition. Makes 4 servings.

For more brown-bag ideas and recipes, visit www.usapears.org.