



Caramelized
Apple Pear
& Rosemary
Caramel
Puff Pastry
Turnover



NATIONAL PEAR MONTH

Pears are in peak season, making December the perfect time to enjoy this juicy, versatile fruit. Eating in season supports local farmers, reduces environmental impact, and delivers fresher, more nutrient-rich produce. Pears are a nutritional powerhouse—high in fiber, including soluble fiber that supports a healthy gut microbiome, and rich in potassium and antioxidants that promote heart health and immunity.

This holiday season, try pears in creative ways:

- Sauté them with cinnamon and a touch of honey, then serve over Greek yogurt for a wholesome dessert or snack.
- Roast them with root vegetables for a sweet and savory side.
- Toss fresh slices into salads with walnuts and blue cheese
- Bake them into festive treats like pear cranberry crisp or ginger pear muffins.

Whichever way you enjoy them, pears bring seasonal flavor and wellness to your table.



CHEF'S TIP: REPURPOSING HOLIDAY LEFTOVERS

Holiday leftovers that have been safely cooled and stored can be repurposed. With a little creativity there is no reason to be bored by leftovers, and we can do our part to decrease food waste:

- **Turkey or Ham:** add to soups and stews or a pasta dish, include in omelets or even tacos
- **Stuffing:** use a waffle iron to make into waffles or bake into croutons
- **Sweet Potatoes:** repurpose in a brownie recipe, blend into a hummus, or cook into a soup
- **Pumpkin Pie:** crumble over some high protein Greek yogurt with granola or nuts as a parfait, or blend with milk and yogurt for a dessert smoothie



30 DAYS TO HEALTHIER HOLIDAYS

Now through December, take part in the interactive 30 Day Challenge, 30 Days to Healthier Holidays. You pick your start date, then visit the page each day to see your next item. The content includes some amazing holiday recipes, health tips from our Registered Dietitians, inspiration from our creative Chefs, and more!



< **SCAN HERE TO GET STARTED!**



**FIND YOUR
NEXT FAVORITE
RECIPE!**