





**Recipe Name:** Ginger Roasted Pears

**Category:** Fruit

**Portion Size(s):** ½ cup fruit

**Meal Components:** ½ cup fruit

Ingredients:	Portions vary based on cooking times	
	Weight	Measure
Pears, canned, diced, packed in juice or light syrup (USDA or Commercial)		1 #10 can
Vegetable oil		2 Tbsp
Ginger, ground		1 Tbsp

**Directions:**

1. Drain pears well: Place 1 #10 can of pears in a 2” perforated steamtable pan placed in a 4” regular steamtable pan. Cover and refrigerate for 12-24 hours to drain.
2. Preheat oven to 350°F.
3. Toss drained pears with vegetable oil and ginger.
4. Prepare 1-full sheet pan per #10 can pears with parchment paper.



5. Roast in the oven to desired texture. Note: Roast for 30 minutes for lightly roasted (makes 12-1/2 cup servings per #10 can). Roast 1-hour for caramelized pears (makes 6-1/2 cup servings per #10 can).

Note: During this recipe standardization process, one #10 can very well drained pears provided 8 cup (62 oz) diced pears. (The food buying guide states: 1 No. 10 can pears diced, packed in juice or light syrup provides about 9 1/2 cups (66 oz) drained pears.)

### Nutrients Per One Serving (K-12) (based on 12 serving size):

Calories	106	kcal	Total Fat	2	g	Total Dietary Fiber	4	g	Vitamin C	1	mg
Saturated Fat	0	g	Trans Fat	0	g	Protein	0	g	Iron	0.5	mg
Sodium	7	mg	Cholesterol	0	mg	Vitamin A	0	IU			
Sugars	0	g	Carbohydrate	22	g	Calcium	9	mg			

### Nutrients Per One Serving (K-12) (based on 6 serving size):

Calories	211	kcal	Total Fat	5	g	Total Dietary Fiber	8	g	Vitamin C	2	mg
Saturated Fat	0	g	Trans Fat	0	g	Protein	0	g	Iron	1	mg
Sodium	15	mg	Cholesterol	0	mg	Vitamin A	0	IU			
Sugars	0	g	Carbohydrate	45	g	Calcium	19	mg			

### Components Per One Serving (K-12):

Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
0 oz. eq.	0 oz. eq.	0 cups(s)	1/2 cup(s)	0 cup(s)



**STEP 1**

How many servings did you plan for? \_\_\_\_\_

**STEP 2**

Weigh empty pan(s) in ounces: (1)\_\_\_\_\_ (2)\_\_\_\_\_ (3)\_\_\_\_\_ (4)\_\_\_\_\_ (5)\_\_\_\_\_

(may write how much each pan weighs on the **outside** of the pan with a sharpie)

**STEP 3**

Prepare and cook food.

**STEP 4**

How much does the food weigh (be sure to subtract the weight of the pans.) Weigh pan(s) of food in ounces:

(1)\_\_\_\_\_ (2)\_\_\_\_\_ (3)\_\_\_\_\_ (4)\_\_\_\_\_ (5)\_\_\_\_\_

**STEP 5**

Total the weight of all of the food together \_\_\_\_\_ / (divide) number of serving you planned for \_\_\_\_\_ = how much each serving should weight in ounces \_\_\_\_\_

