



# Pear and Cranberry Crisp



## Ingredients



Adapted from *FoodHero.org*

- 1/2 cup old fashioned **rolled oats**
- 4 cups cubed **pears** (about 3 pears)
- 1 cup **cranberries** (fresh, dried or frozen)
- 1 Tablespoon **cornstarch**
- 1 Tablespoon packed **brown sugar**
- 2 Tablespoons **flour**
- 1/4 Tablespoon **cinnamon**
- 2 Tablespoons **applesauce**



## Directions



**Yield:** 4 cups

**Serving size:** 1/2 cup

**Total cost:** \$3.95

**Serving cost:** \$0.99

1. Wash hands, cooking surface, and get ingredients and tools.
2. In a medium bowl, combine oats, brown sugar, flour, cinnamon and applesauce.
3. Combine pears, cranberries and cornstarch in an 8x8-inch baking dish. Sprinkle with oat mixture.
4. Bake uncovered at 400 degrees F until juices are bubbling and topping is browned, about 20 minutes
5. Refrigerate leftovers within 2 hours.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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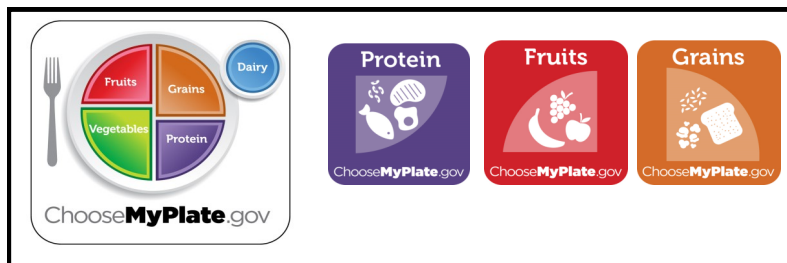
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Try adding other spices such as nutmeg or cardamom.
- Pears may be best quality and lowest cost when they are in season, September through May depending on the variety.
- Peel or cut pears just before using to avoid browned flesh.
- Asian pears: store up to 1 week at room temperature or up to 3 months in the refrigerator.

Nutrition Facts	
Serving Size 1/2 cup (96g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 90</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 0.5g</b>	<b>1%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 3g	12%
Sugars 9g	
<b>Protein 1g</b>	
Vitamin A 0%	Vitamin C 8%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	
	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

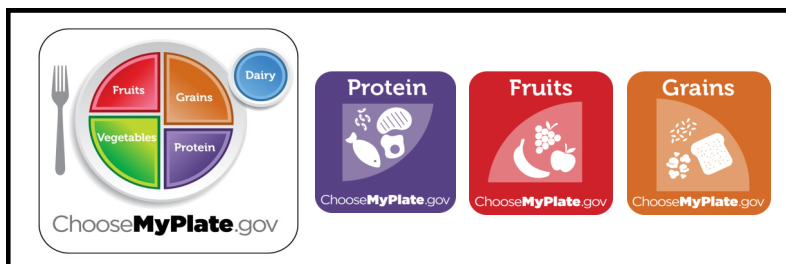
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