

Oregon

Pear Party Salsa

Featured Food: Pears

Makes: 4 servings

Ingredients

- 1 medium pear, chopped
- 1 medium apple, chopped
- 2 kiwifruit, peeled and chopped
- 1 medium orange, peeled and chopped
- 2 tablespoons honey
- 1 teaspoon lemon juice
- cinnamon graham crackers (optional)



Directions

1. Combine pear, apple, kiwifruit, and orange in a medium-sized bowl.
2. Pour honey and lemon juice over fruit and gently toss.
3. Scoop up fruit salsa using cinnamon graham crackers (optional).

Notes: Children under the age of 1 should not consume honey.

Recipe from: USA Pears and Pear Bureau Northwest, adapted by USDA Food and Nutrition Administration.

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