



## Kid-Friendly Mac & Cheese with Broccoli & Pears

### INGREDIENTS:

- 10-12 oz pasta (shells work well)
- 3 Tbsp butter, divided
- ¼- ½ cup milk
- 1 cup shredded cheese
- 1 bag frozen broccoli
- 1-2 pears, diced
- Salt & pepper to taste

### Directions:

- Cook pasta (shells work well) according to directions, drain & set aside.
- Add a bag of frozen broccoli to a pan and heat with 1 tbsp butter until softened.
- Add drained pasta back to pot and add remaining butter, milk, pears, 1 cup cheese of choice & stir until cheese is melted & all is mixed together well.
- Top with more diced pears if desired.

**Note:** To freeze, let cool before storing it in a freezer-friendly ziplock bag or container. You can freeze for up to 3 months.

## READY TO PEAR

By: Jessica Gust, MS, RDN

December is national pear month in the US and what better way to celebrate than by learning more about this sweet & flexible fruit?

As one of the most popular fruits worldwide, pears work great in a variety of meals and can be served in many different ways. They are also incredibly nutrient dense and very well accepted by children, making them great for little hands.

One medium pear provides 6 grams of fiber, which can be very helpful for bowel regularity. They are also a good source of vitamin C and potassium.

I love serving pears alongside food with fat and or protein such as cheese, nuts, or seeds. Together they are a powerhouse of nutrition that can help kids feel satisfied between meals.

### Here are 10 fun ways to serve pears to your children:

1. Plain, alongside cheese or nuts as a snack
2. Dipped in chocolate
3. In place of raisins on "ants on a log"
4. Served in a crisp or crumble as dessert
5. In a fruit salad
6. Dipped in plain or vanilla yogurt mixed with nut/seed butter
7. On a fruit kabob with other fruits
8. Warmed & cooked down into a sauce (like applesauce)
9. Blended in a fruit smoothie
10. Pear grilled cheese sandwiches

Check out these [recipes](#) (and the one to the left) from USA pears for inspiration!

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