

# How to Use Whole Foods

Innovative ideas for using real, whole foods in delicious ways!

## Yellow Pear

Yellow pears are sweet, juicy fruits that have a unique oblong shape. Pears come in white, green, yellow, and brown varieties with a pale white center. In Arizona, pears are in peak growing season from May-September.

### Examples:



Pear & Greek Yogurt Parfait



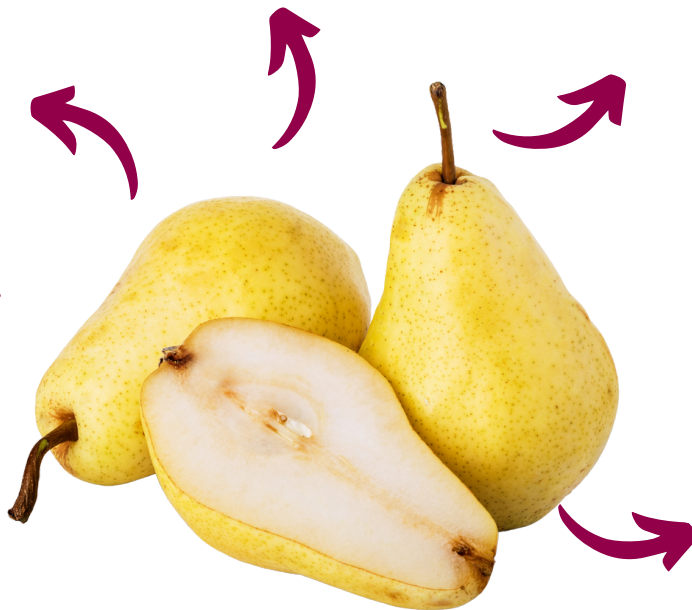
Pear & Bacon Flatbread



Pear Slaw



Pear Hand Pies



Asian Noodle & Pear Salad