

Fabulous Food



Pears Take Center Plate With One-Pan Meals

(NAPSA)—Weeknight meals can be both convenient and flavorful with simple one-pan recipes. The trick is to build meals from ingredients that are versatile and can complement their “pan-mates.”

Northwest-grown USA Pears can be used in both sweet and savory dishes. Pears pair well with chicken, pork and fish and make a great addition to family favorites such as pizza or grilled sandwiches.

Consider adding pears to your meals for both extra flavor and nutrition. They are an excellent source of fiber and a good source of vitamin C. This appetizing recipe shows off the pear’s flavor and versatility.



Pears bring a lot to the table—including flavor, fiber and vitamin C.

skillet over medium-high heat. When the butter begins to foam, add two of the chicken breasts and sauté on one side until golden brown, 2 to 3 minutes. Turn and sauté until cooked through, 2 to 3 minutes. Transfer the chicken to a plate and repeat with 1 tablespoon each of olive oil and butter and remaining chicken breasts.

Add the shallots and pears to the pan and cook over medium-high heat until lightly translucent and golden, about 3 minutes. Add the chicken stock, lemon juice, mustard and any juices on the plate and deglaze the pan, scraping any brown bits on the bottom with a wooden spoon. Simmer until the sauce reduces by half, about 4 minutes. Add the chopped thyme and parsley and stir in the remaining tablespoon of butter until just melted.

Spoon sauce over chicken cutlets and serve over wilted spinach.

Yield: Makes 4 servings.

For recipe inspiration and more, visit www.usapears.org and follow USA Pears on Facebook and Twitter.

Crispy Chicken Cutlets with Pears and Shallots

- 4 small boneless, skinless chicken breasts
- Salt and freshly ground black pepper
- ¼ cup all-purpose flour
- 2 tablespoons extra-virgin olive oil, divided
- 3 tablespoons unsalted butter, divided
- 2 shallots, thinly sliced
- 2 USA Pears, peeled, cored and cut in ½-inch dice
- ¾ cup chicken stock
- Juice of 1 lemon
- 1 teaspoon Dijon mustard
- 4 teaspoons finely chopped fresh thyme (about 4 sprigs)
- 2 tablespoons coarsely chopped flat-leaf parsley

Place each chicken breast between 2 sheets of plastic wrap. Using a heavy skillet, pound the breasts to ¼-inch thickness. Season both sides with salt and pepper and lightly coat with flour.

Place 1 tablespoon each of olive oil and butter in a large