

Pre-Peared In A Flash!

(NAPS)—One-skillet meal preparations offer the busy cook easy-to-make meals that are ready in less than 30 minutes. After a hectic day, there's nothing better than a dinner recipe that's quick to prepare and nutritious—and better yet, easy to clean up so there'll be no groans from your kitchen helpers!

This recipe for *Chicken with Raspberry Pear Sauce* proves that simple can be elegant and healthy. Boneless, skinless chicken breasts are sautéed and then combined with a sauce of raspberries, canned pears and balsamic vinegar for a tasty one-skillet meal.

Since kids love fruit, naturally sweet and delicious canned pears are just the thing to entice even the fussiest of young eaters to dinner. Using pantry staples like canned fruit makes it easy to serve your family the recommended five-a-day fruit and vegetables they need.

Several university studies have revealed that naturally canned foods are just as nutritious as their fresh or frozen counterparts. Northwest Bartlett pears are harvested at their prime, so all their nutritional goodness is sealed right in the can. Canned pears are a great source of heart healthy potassium and fiber.



The sweetness and texture of the canned pears are a perfect contrast to the tart raspberries and balsamic vinegar in this tasty one-skillet dish that everyone in the family will love—and, what's more, you're ready to serve in less than 30 minutes!

Chicken With Raspberry Pear Sauce

(Makes 4 servings)

- 1 can (16 ounces) pear slices, in juice**
- ½ cup balsamic vinegar**
- 1 teaspoon dried thyme**
- 2 teaspoons olive oil**
- 4 boneless skinless chicken breast halves**
- Salt and pepper**
- 1 clove garlic, finely chopped**
- 1 cup fresh or frozen raspberries, thawed**

Drain pears; reserving all liquid. In small bowl, combine pear liquid, vinegar and thyme; set aside. In large skillet, heat oil over medium heat until hot. Season chicken with salt and pepper; add to pan and brown on both sides. Remove chicken from pan; set aside. Add garlic; cook and stir just until sizzling. Stir in reserved pear-vinegar mixture; bring to a boil. Return chicken to pan; simmer over medium heat 8 to 10 minutes or until done. Remove chicken to serving platter; keep warm. Cook liquid in pan 5 to 7 minutes or until reduced and thickened. Stir in pear slices and raspberries. Spoon sauce over chicken.

Per serving (¼ of recipe): 245 calories; total fat 4g; cholesterol 66mg; sodium 84mg; carbohydrate 24g; dietary fiber 2g; protein 27g.

Additional family recipes featuring Pacific Northwest Canned Pears are available at www.canned-pears.com or receive a free copy of *Fast & Flavorful What a Pear* by sending a SASE (business-size) to: Fast & Flavorful, Dept. MAT02, Pacific Northwest Canned Pear Service, 105 South 18th Street, Ste. 205, Yakima, WA 98901.