

# Pears And Apples Brighten Seasonal Dishes

by Elizabeth Pivonka, Ph.D., R.D.,  
President, Produce for Better  
Health Foundation

(NAPSA)—A colorful array of tasty fruits and vegetables grace the aisles of American produce departments all year long, thanks



Pivonka

to the perfect growing conditions in Chile. Exquisite examples of color plus flavor plus nutritional value are Chilean Gala apples and red and green Bartlett pears. Gala

apples have a reddish-orange, golden yellow exterior with an interior flesh that is crisp, firm and juicy. Galas are sweet and tangy with a delightful aroma. Bartlett pears have a traditional pear flavor and are available throughout the winter. To ripen firm pears, set out on the counter or place in a paper bag. Pears are ripe when the stem end yields to gentle pressure. Apples and pears are great eaten as a healthful snack or used in a variety of recipes ranging from appetizers to desserts.

Chutneys are becoming quite popular throughout the United States. Chutney is a spicy condiment usually containing fruit, vinegar, sugar and spices. Varying in texture and “heat,” chutneys are easy to make and can be served with grilled lean red meats, poultry and fish. Sweeter chutneys also make a delightful spread for toast or can accompany cheese and crackers as an appetizer.

Following a healthful lifestyle includes choosing a wide variety of fruits and vegetables every day. To make getting as much variety as possible easy, we recommend using The 5 A Day Color Way Guide. It divides fruits and vegetables into 5 color groups: blue/purple, green, white, yellow/orange and red. Your goal is to eat fruits and vegetables from all the groups and a wide variety from within each group—every day! Keep in mind what’s considered a serving, since you will be aiming for 5 to 9 servings a day. One medium sized fruit; ½ cup raw, cooked, frozen or canned fruits (in 100% juice) or vegetables; ¾ cup 100% fruit or vegetable juice; ½ cup cooked, canned, or



**Tangy fruit chutney is a perfect complement to grilled poultry, pork or fish. Made with ripe pears and apples from Chile, this chutney adds a sunny, summer flavor to seasonal menus.**

frozen legumes (beans and peas), 1 cup raw, leafy vegetables, or ¼ cup dried fruit are examples of what equals one serving.

For more information on fresh fruits from Chile and the Chilean Fresh Fruit Association, visit [www.cffausa.org](http://www.cffausa.org). For information about 5 A Day and The Color Way Guide to the Health Benefits of Colorful Fruits and Vegetables, visit [www.5aday.org](http://www.5aday.org) and [www.aboutproduce.com](http://www.aboutproduce.com).

## Spicy Fresh Apple and Pear Chutney

- 1¾ cup finely diced Chilean Gala apples**
- 1¾ cup finely diced Chilean Bartlett pears**
- 2 Tbsp. lemon juice**
- 2 Tbsp. chopped cilantro**
- 1 clove garlic, finely chopped**
- ½ cup finely chopped red onion**
- 1½ tsp. sugar**
- ¼ tsp. salt**
- ¼ tsp. red pepper flakes**

**Combine all ingredients. Chill at least 2 hours. Makes eight ½-cup servings.**

*Nutritional information per serving: calories: 46, total fat: 0.3g, saturated fat: 0g, % calories from fat: 5%, protein: 0g, carbohydrates: 12g, cholesterol: 0mg, dietary fiber: 2g, sodium: 73mg.*