**Ice Cream Flavor Search Ends In Delicious Pear Victory**

"Cranberry Poached Pears with Caramelized Pear and Toasted Pecan Ice Cream"

4 small firm-ripe pears (4-5 each)

Cranberry Poached Pears with Caramelized Pear and Toasted Pecan Ice Cream

Place pears on dessert plates or bowls. Add a scoop of Caramelized Pear and Toasted Pecan Ice Cream and drizzle with 1-2 tablespoons cranberry syrup. Makes 4 servings.

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**Did You Know?**

"The "To" field of your e-mail message. For more ways to get the most from your mobile phone, visit www.verizonwireless.com"

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**Caulks are made for specific uses to help create a seal. Select one designed for bathrooms. For more tips on caulking and other areas of home maintenance, visit www.housemaster.com/homedefense**

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"When frying pickles, Lukana peanuts add an authentic Asian fla-

**Food Ideas**

(NAPS)—For recipes, serving suggestions and food safety tips on frozen and refrigerated foods from The National Frozen & Refrigerated Foods Association, visit EasyHealthyEating.com.

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The American Dietetic Association and Dietitians of Canada confirm that nuts, including pecans, are a healthy benefit to a healthy diet. For information on the nutritional value of pecans and their contribution to a healthy diet, visit www.ilepecans.org.

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Because there are 29 cuts of beef that meet government guidelines for lean, it can be easy to enjoy the beef you love in a way that's good for you too.

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"Toys from Fisher-Price’s new-to-the-market Affresh*, made by the makers of the new-to-the-market Affresh* washer cleaner once a month. To send a message to a Verizon Wireless customer from a personal computer, call the customer's mobile number followed by @text.com in the "To" field of your e-mail message. For more ways to get the most from your mobile phone, visit www.verizonwireless.com."

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"When frying pickles, Lukana peanuts add an authentic Asian flavor to the breading. It deals in the pickle’s tenacity without leaving the pickle greasy or crumbly."

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"Farm-raised catfish and tilapia—are partially farmed in a barn that maintains a high moisture level and produces a high yield of fish. These are all linked. For example, it's a good idea to avoid snacks high in sugar or starch and choose foods high in fiber. A daily intake of calcium a day to keep teeth strong."

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