

Pointers For Parents

Easy Afternoon Snacks To Bite Into

(NAPS)—Many parents are hungry for information on what their kids like to eat. Now they'll know.

A recent survey done by the Pacific Northwest Canned Pear Service showed that:

- Eighty-eight percent of kids usually eat snacks in the afternoon. While 41 percent regularly chow down on chips and cookies, only 11 percent select fruit.

- Ninety-four percent of kids make their own snacks. Easy-to-open and ready-to-eat canned pears offer a quick solution for youngsters hungry for a tasty snack.

- Although a favorite afternoon activity, TV watching leads to kids eating less fruits and vegetables—mainly because TV ads don't usually contain any. Instead, satisfy those cravings by teaching kids to follow fun recipes using canned pears, such as Red Hot Cinnamon Pear Sundae or Pear Quesadillas.

For more easy recipes featuring delicious canned pears, visit www.eatcannedpears.com.

RED HOT CINNAMON PEAR SUNDAES

The sundae sauce must boil for 10 minutes for the proper consistency; however, don't cook it longer, as it will become too thick. It keeps well in a covered container in the fridge for up to several weeks.

Red Hot Cinnamon Sauce:

- 1 cup granulated sugar
- 1 cup water
- $\frac{3}{4}$ cup cinnamon red-hot candies (6½ oz.)

Spice Sundaes:

- 1½ pints vanilla ice cream or frozen yogurt
- 1 (15 oz.) can sliced pears, drained



HEALTHY SNACKS that are easy to prepare and delicious often include canned Bartlett pears.

Additional cinnamon candies for topping

In a medium saucepan combine sugar, water and candies; bring mixture to boiling, stirring constantly. Reduce heat to medium; boil mixture for 10 minutes, stirring occasionally. Remove from heat; make sure to let sauce cool at least 20 minutes before using, or cool, then cover and refrigerate to store.

To make sundaes, scoop ice cream or frozen yogurt into 6 dessert dishes. Spoon sliced pears over each sundae. Spoon Red Hot Cinnamon Sauce over ice cream; sprinkle with more cinnamon candies. Serve immediately. Store leftover sauce in refrigerator. (Makes 6 servings)

Nutritional Information Per Serving: calories 389; fat 1.3g cholesterol 5mg; sodium 65mg; carbohydrate 91g; dietary fiber .5g; protein 4.8g.

PEAR QUESADILLAS

- 4 8-inch flour tortillas, plain, tomato, or whole wheat
 - 1 15 oz. can pear slices or halves, drained
 - 2 cups (8 oz.) pre-shredded Monterey Jack cheese or cheddar cheese
 - $\frac{1}{3}$ cup roasted sweet red peppers, julienne-sliced and drained
 - $\frac{1}{3}$ cup sliced green onion
 - 1 can chopped mild green chiles (2 oz.), drained ($\frac{1}{4}$ cup)
- Desired Toppings: Salsa, dairy sour cream, sliced olives, sliced toasted almonds or crumbled cooked bacon

Preheat oven to 350° F. On a large baking sheet place two tortillas. Dice the pears; sprinkle half of the diced pears over each tortilla. Sprinkle half of the cheese, peppers, onions and chiles over each tortilla, leaving a 1-inch edge all around tortillas.

Top with remaining tortillas, pressing them gently over the filling. Bake for 9 to 11 minutes, or until cheese is melted and filling is hot. Cut each quesadilla into eight wedges; serve immediately with desired toppings. (Makes 4 servings)

Nutritional Information Per Serving: calories 432; Protein 19g; Carbohydrate 43g; Fiber 3g; Fat 21g; Sodium 581mg; Cholesterol 51mg.