

Holiday Cooking

Canned Pears Help Turn Holiday Leftovers Into Holiday Makeovers

(NAPS)—The holidays are a fun and exciting time, but they can also be extremely stressful. One of the major ways to stress a body is by not feeding it properly. It's easy to do if you have worked a full day then gone straight to the stores for gift shopping. By the time you get home, you're likely too exhausted to think about cooking a meal.

One solution is to have something on hand that is quick to prepare and full of nutrition. A hearty soup containing healthy amounts of the major food groups is a great way to get everything you need in one meal.

A quick tour of your pantry should reveal everything you need, especially if you have a supply of canned pears from the Pacific Northwest, along with some low-salt canned chicken broth and a can of evaporated skim milk. Add a few more fresh ingredients, a crisp green salad, some nice crusty rolls and you've got just the thing a tired shopper needs after a hard day at the mall.

The following "post-shopping pick-me-up" meal is a great way to meet your nutritional needs while using up some of those holiday leftovers. For more ways to incorporate canned pears into your holiday meal recipes, visit the Web site at www.eatcannedpears.com.

TURKEY PEAR CHOWDER *4 servings*

2 Tbsp. butter or margarine
½ cup chopped onion
2 Tbsp. all-purpose flour



With such healthy ingredients as leftover turkey and canned pears, a hearty post-holiday meal can be easy to prepare.

1 can (14.5 oz.) low-salt chicken broth
1 cup evaporated skim milk
½ lb. leftover white turkey meat, cut into ½" pieces
1 can (16 oz.) pear halves, drained and cut into ½" chunks
½ tsp. salt
½ tsp. garlic powder
¼ tsp. dried thyme, crushed
¼ tsp. black pepper

In a large saucepan, melt butter over medium-high heat. Add onion and cook 3-4 minutes or until tender. Add flour; stir to coat onion. Stir in chicken broth and evaporated milk. Bring mixture to a boil, stirring frequently. Reduce

heat, cook and stir an additional 2 minutes. Add turkey, pears and seasonings, and cook until heated through. Serve hot.

Nutrients per serving: Calories: 242; Protein: 17.35g; Carbohydrates: 30.09g; Dietary Fiber: 1.39g; Fat Total: 6.09g; Saturated Fat: 2.82g; Sodium: 453mg; Calories From Fat: 22 percent.

HEARTY HOLIDAY SALAD *4 servings*

4 cups mixed salad greens, torn into bite-sized pieces
1 can (16 oz.) sliced pears in juice, drained (reserve juice)
¾ lb. cooked white turkey meat, cut into ¼-inch thick strips

Dressing:

¼ cup cranberry sauce, jellied or whole berry
3 Tbsp. apple cider vinegar
2 Tbsp. reserved pear juice
Salt and pepper to taste

In a large bowl, combine greens, pears and turkey; toss gently. In a small bowl, combine dressing ingredients; mix until well-blended. Drizzle dressing evenly over salad right before serving.

Nutrients per serving: Calories: 303; Protein: 27g; Carbohydrates: 23.5g; Dietary Fiber: 2.75g; Fat Total: 11.5g; Cholesterol: 72.9mg; Sodium: 204mg; Calories From Fat: 34 percent.