

Cooking Corner



Longer Days Mean Light And Delicious Entrees

(NAPS)—Longer days and warmer weather inspire light and tasty meals that can be enjoyed outdoors in the backyard or patio.

Delicious make-ahead entrees are just right for leisurely weekend dining and a satisfying addition to a brunch or buffet gathering with family and friends.

Along with a main dish and tasty sides, fruit is a must on any menu. The USDA recommends three to five servings of fruit daily and, thanks to the wonders of modern canning, a variety of delicious fruit is available any time of year, including succulent Pacific Northwest canned pears. Pears come halved or sliced and make a flavorful, low-calorie addition to a variety of recipes.

For an elegant outdoor brunch, consider *Pear Cherry Crepes*. This dish is designed to impress but it's not difficult to prepare. One tip is to prepare the crepes ahead of time and freeze them. Defrost for about an hour before assembling, then add the filling and compote, heat and eat. Perfect for busy cooks on the go.

PEAR CHERRY CREPES

Crepes:

- 1½ cup skim milk
- 1 cup all-purpose flour
- 2 egg whites
- 2 Tbsp. sugar
- ½ tsp. vanilla extract
- non-stick spray coating



For an elegant outdoor meal, consider Pear Cherry Crepes.

Filling:

- 1 carton (15 ounces) skim milk ricotta cheese
- 3 Tbsp. powdered sugar
- 1 tsp. freshly grated lemon peel

Compote:

- 1 can (16 ounces) pear halves or slices, packed in juice
- 1½ cups frozen dark sweet cherries, thawed
- 1½ tsp. freshly grated lemon peel

To make crepes: In small bowl, combine the milk, flour, egg whites, vanilla and granu-

lated sugar. Beat with rotary beater until well mixed. Spray a 6-inch skillet with non-stick coating and heat over medium heat. Remove pan from heat and spoon 2 tablespoons of batter into hot skillet. Lift and tilt skillet to spread batter. Return to heat, browning crepe on one side only. Invert onto paper towels. Repeat with remaining batter to make 16 crepes.

To make filling: In small bowl, combine filling ingredients; mix well.

To make compote: Drain pears; reserve juice in small saucepan. Bring juice to a boil; cook until reduced by half, about 8 to 10 minutes. Slice pears into ¼ inch slices. Drain thawed cherries; discard juice. In medium bowl, combine hot juice, pears, cherries and lemon peel.

To assemble crepes: Spoon 3 tablespoons of ricotta filling across center of crepe and fold sides over filling. Place crepes seam side down on baking sheet. Bake at 350°F until warm and lightly browned, about 5 to 8 minutes. To serve, place two crepes on each plate. Top with warm compote.

Makes 8 servings.

For more simply delicious pear recipes, visit www.eatcannedpears.com.