

# Home is Where the Heart is So Cozy Up in the Kitchen This Fall

## Harvest Casserole

This hearty meal will leave your family begging for seconds! Serve this refreshingly easy side dish with slices of lean canned ham alongside.

- 1 can (15 ounces) pear halves, drained
- 2 cans (16 ounces) new potatoes
- 1 can (10 3/4 ounces) low-fat cream of mushroom soup, or cream of potato soup, undiluted
- 1 cup shredded Monterey Jack cheese
- 1 can (8 ounces) green peas, drained
- 1/2 can (2.8 ounces) French fried onion rings (1/2 cup)

Preheat oven to 350° F. Reserve one of the pear halves for garnish. Chop remaining pears. In a 2-quart casserole dish combine the drained potatoes, chopped pears and soup. Sprinkle shredded cheese and drained peas over top. Bake, uncovered, for 30 minutes, or until mixture is heated through. Remove casserole from oven. Slice the reserved pears into five or six slices. Arrange slices spoke-fashion over top of casserole. Sprinkle onions in between the pear slices. Return casserole to the oven; bake 5 minutes or just until onions are golden brown.

**Preparation Time:** 10 minutes      **Cook Time:** 35 minutes  
Serves 6

## Braised Beans with Bacon and Pears

This quick and easy recipe not only is a tasty addition to a main course, but its bean ingredients provide a great source of fiber for your diet.

- 6 ounces turkey bacon, cooked and crumbled
- 1 yellow onion, sliced into thin rings
- 1 can (29 ounces) pears, drained and diced
- 1 can (15 ounces) white navy beans, drained
- 1 can (15 ounces) kidney beans, drained
- 1 can (15 ounces) chili beans, drained
- 2 tablespoons brown sugar
- 2 tablespoons prepared Dijon mustard
- 1 tablespoon apple cider vinegar
- 1 tablespoon ketchup
- 1 tablespoon cornstarch

Cook bacon in skillet over medium heat until crisp. Remove and drain on paper towel. Set aside. Brown onions in the bacon grease until golden brown. Set aside. Combine pears, beans and cooked onions in a 2-quart casserole dish (approx. 8 x 11-inch baking dish).

In a small bowl, whisk together sugar, mustard, vinegar, ketchup and cornstarch. Pour over pear mixture and bake in preheated oven at 350°F for 30 minutes, or until bubbling hot. Sprinkle top with crumbled bacon and serve.

**Preparation Time:** 15 minutes      **Cook Time:** 30 minutes  
Serves 6

## Creamy Lemon Chicken with Vegetables

This flavorful recipe is sure to tantalize your taste buds!

- 4 skinless, boneless chicken breast halves (1 pound, 4 ounces) or 2 cans (4 1/2 to 5 ounces each) canned chicken, drained and broken into large flakes
- 1/4 teaspoon pepper
- 1 tablespoon butter or margarine
- 1 can (10 3/4 ounces) reduced-fat cream of chicken soup
- Grated peel and juice of 1 large lemon
- 1 can (14 1/2 ounces) mixed peas and diced carrots, drained
- 2 tablespoons chopped fresh parsley or dill

Sprinkle chicken on both sides with pepper. In large non-stick skillet over medium-high heat, melt butter. Add chicken and cook 3 minutes per side, until well browned. Add soup, lemon peel and juice, and stir to mix with the pan drippings. Reduce heat to medium-low, cover and simmer 5 minutes, stirring 2 or 3 times. Stir in vegetables and parsley; cover and simmer 2 to 3 minutes longer until heated through.

*Note: If using canned chicken, add it to the butter in the skillet, sprinkle with the pepper, and stir gently, just until well coated with butter. Stir in the soup, lemon peel and juice, vegetables and the parsley. Bring just to a boil, cover and simmer, 3 to 4 minutes, stirring occasionally until warmed through and bubbly.*

**Preparation Time:** 10 minutes      **Cook Time:** 15 minutes  
Serves 4



## Pear Maple Crumble

Satisfy your sweet tooth with this delectable dessert.

### Topping:

- 1/2 cup all-purpose flour
- 1/4 cup packed light brown sugar
- 1/4 cup (1/2 stick) chilled, unsalted butter, cut into small pieces
- 1/2 cup toasted walnuts

### Filling:

- 2 cans (29 ounces) pears, drained and diced into 1-inch chunks
- 1/4 cup maple syrup (optional)
- 1/2 cup dried cranberries
- 2 tablespoons flour
- 2 tablespoons lemon juice
- 1 tablespoon finely chopped crystallized ginger

For topping: Combine flour, brown sugar and butter in food processor. Process until small beads form. Add nuts and process until nuts are coarsely chopped. Set aside.

For filling: Position rack in center of oven and preheat to 350°F. Toss all ingredients in a large bowl until covered with flour. Transfer to an 8 x 8-inch baking dish.

Sprinkle topping evenly over pears. Bake until juices bubble and topping is golden brown, about 30 minutes. Serve warm with sour cream or fresh vanilla ice cream.

**Preparation Time:** 15 minutes      **Cook Time:** 30 minutes  
Serves 6

## Sweet Potato Pie

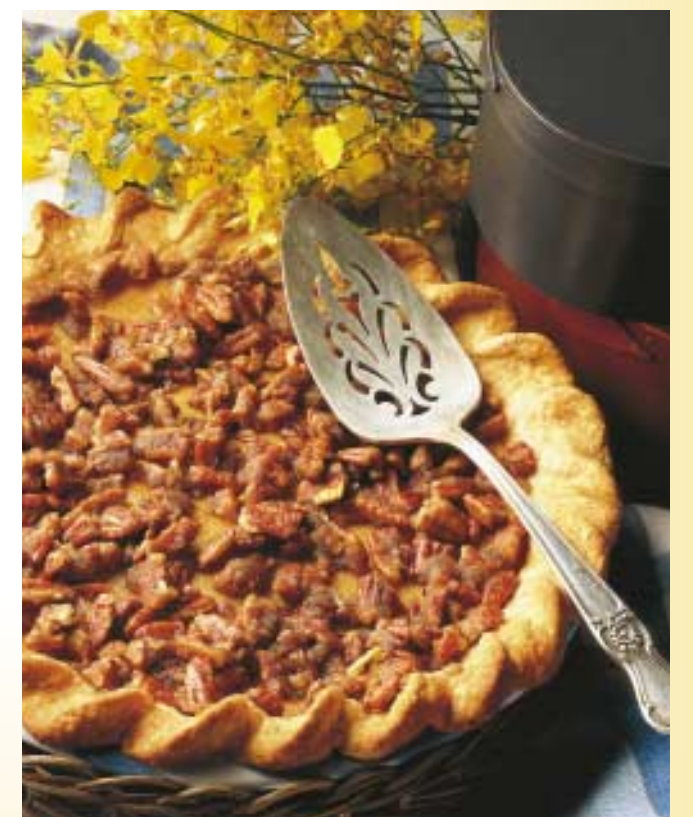
Top off a great meal by indulging in this delicious, sweet treat!

- 8 ounces cream cheese, softened
- 1 1/4 cups granulated sugar
- 2 large eggs
- 1 can (15 1/2 ounces) mashed yams\*
- 1 can (12 ounces) evaporated skim milk
- 1 tablespoon pumpkin pie spice
- 2 (9-inch) deep-dish pie shells
- 2 cups coarsely chopped pecans
- 2/3 cup packed light brown sugar
- 4 tablespoons melted butter
- Lightly whipped cream (optional)

Heat oven to 425° F. Beat cream cheese with electric mixer until fluffy. Beat in sugar. Reduce mixer speed and add eggs, one at a time. Beat in yams, evaporated milk, and pumpkin pie spice. Pour filling into pie shells. Bake pies 30 to 35 minutes until edges puff, crust browns and custard is set. Meanwhile, mix the pecans, brown sugar, and butter. Set aside. Remove pies from oven. Sprinkle with pecan mixture and return to oven 7 to 10 minutes longer, until topping is golden brown and crisp. Cool pies on rack completely. Garnish with whipped cream.

*\*Note: If mashed yams are unavailable, pour a drained 16-ounce can of whole yams in a food processor until smooth.*

**Preparation Time:** 15 minutes      **Cook Time:** 45 minutes  
Serves 8



Breathtaking foliage, a crisp chill in the air and the spicy aroma of apple cider can mean only one thing – autumn has arrived. And while the seasons change, for many busy families the hectic pace of life never slows down between work, school, homework, soccer practice, piano lessons – you get the idea. But how do you find a way to bring the family together for some quality time?

“Cooking is one of the best ways to reconnect with your family after a hectic day,” said Connie Evers, registered dietitian and author of *How to Teach Nutrition to Kids*.

“This fall take time to get your family involved with deciding the menu, shopping for ingredients and assisting you in the kitchen. Families will enjoy their meals more because they worked together to prepare them.”

Cozying up in the kitchen with your family sounds great, but what if you don't know what to prepare? Well, the perfect ingredients are right in your kitchen pantry! From soups and stews to fruit, vegetables, beans and meats, canned foods make ideal ingredients when preparing a variety of tasty, nutritious meals the entire family will enjoy.

## Flavor and Nutrition: It's in the Can

There are more than 1,500 varieties of canned products on your grocer's shelves, making any number of foods available no matter what the season.

Many canned foods are as nutritious and delicious as fresh and frozen foods when prepared in a recipe according to a recent nutrition study conducted by the University of Massachusetts. Fruits, such as Pacific Northwest canned pears, make a delicious addition to harvest time recipes. Canned pears provide an excellent source of potassium, fiber and contain virtually no fat or cholesterol. Best of all, the flavor, texture and goodness of the fruit is sealed into the can with no chemicals or preservatives.

For more information on canned pears' nutrition and recipe ideas, visit [www.eatcannedpears.com](http://www.eatcannedpears.com).

So gather the family, stock up your pantry and turn suppertime into quality time. For dozens of dining ideas and family-friendly recipes, visit [www.mealtime.org](http://www.mealtime.org).

Mealtime  
=  
Quality Time

## Try these tips...

- ♥ Be a risk-taker – but not with your health! Clean hands, clean cutting surfaces and proper food handling will help ensure your food is safe to eat.
- ♥ Plan your meal. Let your family help decide the menu, shop for ingredients and assist you in the kitchen. When every member of the family takes credit for helping, they will enjoy the meal more.

- ♥ Challenge everyone to be creative and have fun! Allow family members to experiment with different food combinations and cooking techniques. Remember, this is a time to relax and enjoy yourself with your family.
- ♥ Divide mealtime duties. Include everyone! There are plenty of mealtime tasks to go around. Make sure family members are capable of handling the task assigned to them so they can experience success.
- ♥ Dare to enjoy yourself in the kitchen! When you approach cooking as creative and fun-filled, your family won't think of food prep as a “chore.”

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