

Cooking Corner

Tips To Help You

A Harvest Of Ideas For Tasty Autumn Meals

(NAPSA)—Synonymous with the harvest season, feasts of spiced apples and cinnamon, pumpkin pie, homemade gravy and other savory delights create a cozy and snug atmosphere that makes home cooking worth every effort.

You don't need to be a gourmet chef or farmers' market regular to find success in the kitchen, just think like one. To make mealtime preparation easier as family schedules get busier, try these simple tips:

- To ease with the mess of skinning chicken, use a paper towel to pull the skin off. The coarse towel will act as grips, pulling the skin off much more easily than with a bare hand.

- Freezing meats such as chicken, steaks or pork chops in individual portions is a great way to keep them readily available for last-minute meals. To keep them even fresher, brush a little olive oil on the meat before wrapping to prevent drying out.

- Frozen vegetables are essential for fast and easy cooking. To quickly separate a block of frozen vegetables without damaging them, place them in a colander and pour boiling water over them. Or place them directly in boiling water for a crisp taste that traditional thawing methods cannot provide.



Canned fruits and vegetables make it easy to harvest the flavors of autumn.

- Stock the household with healthy pantry staples like canned pears, pumpkin, corn or applesauce. Canned fruits such as Bartlett pears retain much of their nutritional value and can be used all year round, and can easily make simple autumn meals such as the special Chicken with Pear-Raspberry Sauce.

**Chicken with
Pear-Raspberry Sauce**
Makes 8 Servings

**2 cans (15¼ oz. each)
Bartlett pear halves, in
juice or extra light syrup**

**5 lbs. chicken pieces (breast,
leg and thighs)**
**1 cup raspberry or red wine
vinegar**
1 tsp. seasoned salt
2 garlic cloves, minced
**½ tsp. crushed dried thyme
leaves**
**2 cups fresh or frozen whole
raspberries**

Drain pears, reserving all liquid. Brown chicken in large saucepan; drain off excess fat. In small bowl, combine pear liquid with vinegar, salt, garlic and thyme. Pour over chicken and bring to boil. Reduce heat; cover and simmer for 30 minutes or until chicken is tender. Place chicken on serving platter; keep warm. Boil liquid in pan to reduce and thicken, about 10 minutes. Add pears; heat through. Spoon sauce and pears over chicken. Sprinkle with raspberries to serve.

Nutritional Information (Per Serving): Calories 559, Protein 60g, Carbohydrate 19g, Fiber 3g, Fat 27g, Sodium 450mg, Cholesterol 181mg.

For more recipes using canned pears, go to www.eatcannedpears.com.