

Bartletts Are Pear-fectly Delicious And Colorful

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(NAPSA)—Fresh American red and green Bartlett pears are juicy, sweet and colorful. According to our nation's leading health authorities, eating a colorful variety of fruits and vegetables will help reduce your risk of cancer, heart disease and other chronic diseases.



Pivonka

At 5 A Day, we think using color is an easy and fun way to ensure variety. We've divided fruits and vegetables into 5 color groups—red, yellow/orange, white, green, and blue/purple. It's simple, you just choose at least one fruit and/or vegetable from each group daily—the more the better.

Pear Bistro Salad is a lively combination of colors and flavors. The sweet, juicy flavor, firm texture and rich color of the pears, complement the savory blue cheese, tart balsamic vinegar and crunchy walnuts. The addition of tender, white strips of lean chicken breast turns this side dish salad into a light entrée, perfect for lunch or dinner.

Pears are available all year round. Their versatility and easy handling, not to mention their nutritional value, make them very popular with people of all ages. One medium pear has 4 grams dietary fiber (16% of the Daily Value-DV), 210 milligrams potassium, 6 milligrams vitamin C (10% DV) and about 100 calories. Pears are low in fat and naturally cholesterol- and sodium-free. They offer a quick source of energy and are ideal for someone trying to reach and maintain a healthful weight.

Bartlett pears are one of the few fruits that do not ripen successfully on the tree. They are harvested by hand when fully mature, but before they are ripe. Pears will ripen after they are harvested. Choose a Bartlett that is bright and fresh looking with no bruises or external damage. For home ripening, place pears in a paper bag or bowl at room temperature for 3-5 days; they will yield to gen-



Pears are a juicy and colorful way to get more fruit in your diet.

tle pressure at the stem end when ripe. Always wash all fresh fruits and vegetables before eating.

Pears are delicious eaten fresh and are most popular in salads. They are also good baked, poached, sauteed, roasted, made into preserves, jams and chutneys, and used as an ingredient in baked goods. For more recipes and information about fresh American pears, go to the Web sites www.usapears.com and www.calpear.com and for more information about 5 A Day The Color Way, go to www.5aday.org and www.aboutproduce.com. Remember, eat your colors every day!

Pear Bistro Salad

- 1 pound cooked, skinned chicken breast halves**
- 8 cups assorted torn mixed salad greens**
- 2 fresh Bartlett pears, cored and sliced**
- 2 Tbsp. minced shallots or green onions**
- 1/3 cup chopped walnuts**
- 1/4 cup crumbled blue cheese or other cheese**
- 3/4 cup balsamic vinegar**

Cut chicken into strips. Line platter with greens; top with pears, cooked chicken, shallots and nuts. Top with cheese. Drizzle balsamic vinegar to taste over salad. Serve with crusty bread, if desired. Makes 4 servings.

Nutritional information per serving: calories: 320, total fat: 11.1g, saturated fat: 2.6g, % calories from fat: 30%, protein: 32g, carbohydrates: 25g, cholesterol: 72mg, dietary fiber: 5g, sodium: 232mg.