

Cooking Corner

Enjoy Fresh Pears At Any Meal

(NAPSA)—The next time you're looking for a new dinner idea, try pears. There are many tasty varieties to enjoy throughout the year, including Bartlett, Anjou, Bosc and Comice, each with a distinct texture and flavor that can be made into savory snacks, main dishes, appetizers and salads as well as luscious sweet desserts.

According to the Pear Bureau Northwest, USA pears ripen best off the tree, at room temperature. Every day, check for ripeness—apply gentle pressure to the stem end of the pear with your thumb. If it gives to the gentle pressure, it's ready to eat. This may take a few days.

Besides adding flavor, pears are nutritious. They are a good source of vitamin C, potassium and dietary fiber, with only about 100 calories per serving. Include pears as one of your "5 to 9 a day" recommended servings of fruits and vegetables anytime of the day.

For a delicious main dish idea, try this recipe using USA pears:

Fresh Pear and Pork Tostadas

- 3 Anjou, Bosc or Red Anjou USA Pears**
- 1 pound pork tenderloin, cut into cubes**
- ½ onion, cut into chunks**
- 1 garlic clove, minced**
- 2 carrots, peeled, grated**
- 1 red onion, thinly sliced**
- 1 bundle fresh chives**
- 3 cups cheddar cheese, grated**
- 1 head lettuce, shredded**
- 10 corn tortillas**
- Oil, salt, pepper as necessary**



Pears are as good for dinner as for dessert.

DRESSING

- ½ cup olive oil**
- 1 teaspoon freshly ground black pepper**
- 2 jalapeño peppers, seeded and chopped**
- 1 teaspoon cilantro seeds**
- 3 tablespoons vinegar**

Core and slice pears; place in lemon-water solution to prevent browning. Set aside. Boil water in medium saucepan; add pork, onion and garlic. Cook until done, about 20 minutes; season with salt and pepper. Combine dressing ingredients; salt and pepper to taste. Set aside. Brown tortillas in a little oil until golden and crisp; drain and cool. Shred cooked meat; mix with carrots, red onion and chives. Place one tortilla on plate; add ½ cup cheese and a spoonful of meat. Top with second tortilla, lettuce and pear slices. Serve with dressing on the side. Makes 5 servings.

For more recipes, go to www.usapears.com.