

Healthy Eating

Pears Are The Pick Of The Season

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(NAPSA)—With the prevalence of obesity and weight issues a major health concern, people are encouraged to eat healthier meals. Low-carb and other restricted diets don't give the balance of fiber, vitamins and minerals found in food plans that encourage healthy fruits and vegetables.

With that in mind, and to champion the importance of the dietary benefits of fresh produce, Weight Watchers launched the *Pick of the Season*, a public health initiative spotlighting one specific fruit or vegetable each season with nutrition information and delectable recipes. As part of Weight Watchers seasonal cornucopia of recipes featuring a select fruit or vegetable, this season's "pick" is the pear.

In addition to its health benefits, pears are a great-tasting food that can be baked, sautéed, poached or eaten fresh out of hand. Here's an Acorn Squash and Pear Soup that reflects the food values inherent to the Weight Watchers philosophy that eating should be satisfying as well as healthful. For additional recipes, visit WeightWatchers.com.

Acorn Squash & Pear Soup

Ingredients

- 1 medium acorn squash, baked and seeded
- 1 small onion, chopped
- 1 garlic clove, chopped
- 2 cups vegetable broth
- 1 large ripe pear, pared, cored, and cut into chunks
- Salt and pepper to taste



FROM ANJOU TO BARTLETT—
Pears are not only packed with essential nutrients and natural sugars, they taste great.

Preparation

1. Scoop squash pulp into bowl; discard skin.

2. In a 2-quart saucepan sprayed with nonstick cooking spray, cook onion and garlic over medium heat, stirring constantly, until soft, about 5 minutes. Add broth, pear, and squash pulp; bring to a boil. Reduce heat; simmer until pear is soft, 5-10 minutes.

3. Cool soup slightly.* Transfer in small batches to blender; process until smooth.

Return to saucepan; reheat. Serve hot.

Per serving: 97 calories; 0 g fat; 4 g fiber. Makes 4 servings. *POINTS*® value per serving: 1.

* Soup should be cooled slightly and blended in small batches to avoid overflowing.