



**Pacific Northwest  
Canned Pears**  
Always ripe. Always ready.

# Grilled Chicken with Sweet & Sour Bartlett Pear Sauce

24 Servings

## Ingredients

5 cups Pacific Northwest Canned Pears, diced, in juice, drained and juice reserved  
3/4 cup cornstarch  
2 cups granulated sugar  
1-1/3 cups apple cider vinegar  
1 cup white vinegar  
2 cups ketchup  
1/2 cup soy sauce  
4 pounds boneless, skinless chicken breasts, grilled and cut in 1-inch cubes  
1/4 cup vegetable oil  
4 medium red bell peppers, diced  
Brown Rice, for serving

## Method

Whisk 1 cup of the reserved pear juice with the cornstarch until completely smooth.

Combine the cornstarch mixture, 3 cups of the remaining pear juice, sugar, cider and white vinegars, ketchup and soy sauce in a large non-reactive pan over high heat. Cook, stirring frequently, until the sauce comes to a gentle boil. Reduce the heat and continue to simmer until the sauce reaches a desired consistency, between 15 and 20 minutes.

Meanwhile, heat the oil in a large sauté pan over medium heat. When the oil is hot, add the diced peppers and cook until slightly soft. Reduce the heat to medium low, add the drained pears and chicken, and toss together to warm slightly. Add the sauce, stirring to thoroughly coat all of the ingredients and cook until completely warmed through. Serve with brown rice.

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## Nutrition

*With 1 oz eq grain:*

Calories: 278  
Protein: 14.83g  
Carbohydrates: 45.37g  
Total Fat: 3.61g  
Saturated Fat: .29g  
Cholesterol: 42.52mg  
Sodium: 255.33mg  
Dietary Fiber: 2.17g  
Trans Fat: 0g

*With 2 oz eq grain:*

383  
17 g  
67 g  
4 g  
.5 g  
43 mg  
258 mg  
3 g  
0 g