

Pear and Chicken Bastilla

12 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

1 (15 ounce) can Pacific Northwest Canned Pears, halves or slices, in juice, drained
2/3 cup dark raisins
1/3 cup lightly toasted pine nuts or pistachios
1/3 cup coarsely chopped fresh cilantro
2 tablespoons olive or vegetable oil
1-1/3 cups finely chopped onions, preferably sweet
4 to 6 teaspoons garam masala or other curry spice blend
2 to 4 teaspoons finely minced garlic
1 pound ground chicken
1 tablespoon tomato paste
Kosher salt and freshly ground black pepper to taste
12 sheets filo dough
Unsalted butter, melted or vegetable oil, as needed
Yogurt Dressing (Recipe follows)
YOGURT DRESSING
1 cup plain Greek yogurt
3 tablespoons finely chopped fresh mint
2 tablespoons finely chopped fresh cilantro
Kosher salt and freshly ground black pepper to taste

Method

Dice the pears and combine in a bowl with the raisins, nuts and cilantro. Set aside.

In wide skillet over medium-high heat, warm the oil until it is hot and add the onions. Sauté 3 minutes and add the garam masala and garlic. Cook and stir for 1 to 2 more minutes. Add the chicken and cook 4 to 6 minutes or until it is cooked through, with no pink showing, and beginning to brown. Remove the pan from the heat and cool.

When slightly cooler, stir in the tomato paste to blend. Add the chicken to the pears and nut mixture. Season to taste with salt and pepper. Preheat the oven to 375 degrees F.

Working with one at a time, butter each filo sheet. Fold it in half and in half again. Press the folded filo into the cup of a muffin tin and repeat with the remaining filo sheets.

Fill each filo cup with about 1/3 cup chicken mixture, place the pan in the oven and bake 15 to 18 minutes or until the filo is golden brown. Serve each cup with a dollop of Yogurt Dressing.

YOGURT DRESSING

In a bowl, whisk together the yogurt, mint and cilantro. Season to taste with salt and pepper and transfer to a container with a lid. Refrigerate at least 1 hour or until ready to use.

Servings

Makes 12 (1 filo cup) servings

Nutrition

<i>Calories</i>	350
<i>Total Fat</i>	160
<i>Cholesterol</i>	65 mg
<i>Sodium</i>	360 mg
<i>Total Carbohydrate</i>	34 g
<i>Dietary Fiber</i>	3 g
<i>Protein</i>	15 g
<i>Vitamin A</i>	6%
<i>Vitamin C</i>	6%
<i>Calcium</i>	6%
<i>Iron</i>	10%