



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

Grilled Chicken with Sweet & Sour

Bartlett Pear Sauce

6 Servings

Ingredients

1 can (15 ounces) Pacific Northwest Canned Pears, diced, in juice, drained and juice reserved
3 tablespoons cornstarch
1/2 cup granulated sugar
1/3 cup apple cider vinegar
1/4 cup white vinegar
1/2 cup ketchup
2 tablespoons soy sauce
1 tablespoon vegetable oil
1 medium red bell pepper, diced
1-pound boneless, skinless chicken breasts, grilled and cut in 1-inch cubes
Brown Rice, for serving

Method

Whisk 1/4 cup of the reserved pear juice with the cornstarch until completely smooth.

Combine the cornstarch mixture, 3/4 cup 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, about 10 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.

Servings

Makes 6 servings

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:

Calories	383
Protein	17.09g
Carbohydrates	67.38g
Total Fat	4.44g
Saturated Fat	.45g
Cholesterol	42.52mg
Sodium	258.19mg
Dietary Fiber	3.16g
Trans Fat	0g