



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

Chicken Tinga with Chipotle Pear Sauce

6 Servings

Ingredients

1 pound boneless, skinless chicken breast
2 tablespoons (1 ounce) olive oil
1 cup (4-1/2 ounces) sliced onion
1 tablespoon (1/2 ounce) chopped chipotle pepper in sauce
3/4 cup (7-1/2 ounces) canned diced tomatoes, undrained
3/4 cup (7-1/2 ounces) Pacific Northwest Canned Pears, sliced, undrained
1/2 cup (4 ounces) water
1/2 teaspoon garlic powder
3/4 teaspoon salt
1 bay leaf
1-1/2 cups (12 ounces) refried black beans
6 tostadas

Servings

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Nutrition

Calories	285
Total Fat	11g
Saturated Fat	2g
Cholesterol	55mg
Sodium	722mg
Carbohydrate	25g
Fiber	6g
Sugar	6g
Protein	22g
Calcium	57mg
Iron	2mg

Method

Heat oil in a large, deep skillet over medium heat. Add onions and sauté until tender. Add remaining ingredients, except black beans and tostadas. Simmer 30 to 35 minutes, or until chicken is cooked through.

Remove chicken and bay leaf. Discard bay leaf and let chicken cool 10 to 15 minutes. Continue to simmer the sauce to let it thicken.

Shred the chicken and add it back to the sauce. Stir to coat the shredded chicken in the sauce.

Spread each tostada with about 1/4 cup refried black beans and top each with a heaping 1/2 cup of Chicken Tinga.