

## **How to Select, Ripen & Store Fall/Winter Seasonal Produce:**

### **Asian pear:**

- ✓ Asian pears are available year-round but are at their peak from late Summer through the Fall.
- ✓ Choose fragrant, unblemished Asian pears with little to no brown spots.
- ✓ Ripe Asian pears are hard and do not become soft like other pears – they are ready to eat when purchased.
- ✓ They can be stored at room temperature for up to 1 week or up to 3 months in the fridge!

### **Cara Cara Orange:**

- ✓ Cara Cara oranges (aka “red navels”) are at their peak in the Winter months.
- ✓ Choose those that are heavy for their size with a smooth, thin and tight skin. Avoid any with blemishes or extremely soft ends or moldy spots.
- ✓ Choose those that have a sweet, clean fragrance.
- ✓ They should be stored in the fridge for up to 2 weeks.

### **Grapefruit:**

- ✓ Grapefruits are available year-round; however, California & Arizona grapefruits are at their peak from January through August, while Florida & Texas Grapefruit are at their peak from October through June.
- ✓ Choose grapefruits that feel heavy in the hand – Avoid those with soft or wet spots.
- ✓ Irregularities on the skin of a grapefruit are normal & not an important factor for flavor.
- ✓ Thinner-skinned grapefruits are typically juicier, but not necessarily sweeter or tastier.
- ✓ Grapefruits ripen when picked and should be stored in a cool place at room temperature for up to 1 week or in the fridge for up to 3 weeks.

### **Kiwifruit:**

- ✓ Kiwifruits are available year-round but are at their peak in December through February.
- ✓ Choose semi-firm kiwi without blemishes.
- ✓ Kiwi ripens with age but can become mushy if left to ripen too long. Place in the fridge once they are soft.
- ✓ The fruit should be rinsed and peeled to remove the fuzzy skin before eating.

### **Persimmon:**

- ✓ Persimmons (Hachiya, which is the most common) is at its’ peak from December to February.
- ✓ Avoid bruised persimmons as they do not store well and can spoil quickly.
- ✓ To quickly ripen a Hachiya persimmon, store it in the freezer overnight – In the morning, allow the cold-ripened fruit to thaw.
- ✓ Ripe persimmons will have a red-orange colored skin and will be quite soft.
- ✓ When ripe they will have a smooth creamy texture with a slightly tangy yet sweet flavor.
- ✓ If they are slightly underripe the Hachiya will make your mouth pucker at the unpleasant astringent taste!

### **Pomegranate:**

- ✓ Pomegranates are usually available from the Fall through early Winter.
- ✓ Choose pomegranates that are bright, plump, round and heavy for their size. Avoid any with a dry-looking, wrinkled, or a cracked rind.
- ✓ Store in a cool place at room temperature for up to 3 days or in the fridge for up to 2 months.
- ✓ Cut the outer skin and tap out seeds from the cream-colored, inedible membrane or use your fingers to loosen the arils. You can eat the whole pomegranate seed (aka arils) or just the juice.

## **How to Select, Ripen & Store Fall/Winter Seasonal Produce:**

### **Acorn Squash (a Winter Squash):**

- ✓ Acorn squash is at its' peak from early Fall through Winter.
- ✓ Choose a squash that feels heavy & has a hard, smooth surface with a bright colored rind.
- ✓ Squash can be stored in a paper bag in the fridge for up to 1 week or in a cool dry place for a few weeks. Don't store in a plastic bag, it can trap moisture & spoil your squash.
- ✓ Wash the outside of the squash just before use. Acorn squash can be baked, steamed, boiled or stuffed.
- ✓ Slice it in half lengthwise and scoop out the seeds – Place flesh side down on a baking sheet sprayed with olive or canola oil and bake until soft. Can be made sweet or savory.

### **Brussels sprouts:**

- ✓ Brussels sprouts are available from late August through March. Look for small, compact sprouts that have bright green leaves and are free of blemishes and yellowing.
- ✓ Store Brussels sprouts wrapped up tightly in plastic wrap or in a bag in the fridge for up to 3 days.
- ✓ Wash sprouts well and trim off their ends.
- ✓ They can be boiled, roasted, grilled, or shaved and eaten raw!

### **Butternut Squash (a Winter Squash):**

- ✓ Butternut squash peaks from early Fall through Winter.
- ✓ Choose a squash that feels heavy & has a hard, smooth surface with a nice tan brown colored skin.
- ✓ Squash can be stored in a paper bag in the fridge for up to 1 week or in a cool dry place for a few weeks. Don't store in a plastic bag, it can trap moisture & spoil your squash.
- ✓ Wash the outside of the squash just before use. Butternut squash can be baked, steamed, boiled or pureed as a sauce.
- ✓ Slice it in half lengthwise and scoop out the seeds – remove skin, cube butternut squash and boil in a large pot of water then drain and puree squash with low sodium chicken broth, parmesan cheese and spices to use as a pasta sauce.

### **Kale:**

- ✓ Kale is available year-round but is the most flavorful & tender during the Winter months.
- ✓ Clean kale just before using by dunking it in slightly warm water several times then rinsing it well under cold running water.
- ✓ Kale should be a dark bluish-green color with dark leaves that are not wilted or yellow.
- ✓ Baby kale tends to be milder in flavor compared to mature kale (larger), which has more of an earthy flavor.
- ✓ Store kale in a perforated plastic bag in the vegetable crisper in the fridge for up to 2 days.
- ✓ Kale can be boiled, sautéed, added to soups, eaten raw in salads or added to smoothies.

### **Leeks:**

- ✓ Available year-round, but peaks in the Fall and Winter.
- ✓ Just before use cut off roots, slice lengthwise from top to bottom, and run cold water over leeks with green end facing down to remove dirt from leaf layers.
- ✓ Choose leeks with bright green leaves without any wilting or yellowing.
- ✓ Smaller leeks tend to be tenderer than the larger ones. Store leeks in a plastic bag in the fridge for up to 3 days.

### **Turnips:**

- ✓ Turnips are at their peak from December to February.
- ✓ Smaller turnips are sweet in flavor and are not as "woody" in texture like the larger ones.
- ✓ They should have a smooth skin and not have any blemishes.
- ✓ Scrub turnips with a vegetable brush just before preparing & trim off the leaf end and slice off the root end. Large turnips should be peeled, but baby turnips can be cooked with their peels.
- ✓ Store turnips in a perforated plastic bag in the fridge crisper for up to 1 week.

# Eat Seafood

## 3 REASONS IS ALL YOU NEED

**M**ost people feel good about seafood – they'll agree that it's good for their health, it's a perfect choice when they want something special, or they love how it tastes. Despite this, few people are eating seafood at home on a regular basis – only one in 10 consumers meet the goal of having seafood two times per week.<sup>1</sup> To help consumers make the leap, give them these three reasons:



***Eat seafood...  
live longer***

- Eating fish literally saves lives. It is estimated that an additional 50,000 deaths from heart disease and stroke are avoided per year by eating fish.<sup>2</sup>
- Eating seafood two to three times per week reduces the risk of death from any health-related cause by 17 percent.<sup>3</sup>
- Seafood has essential omega-3s. Low seafood intake contributes to 84,000 deaths each year, making seafood deficiency a leading dietary contributor to preventable death in the U.S.<sup>4</sup>



***Seafood is a  
“protein with benefits”***

- Seafood sits among the highest-quality proteins (like eggs, meats, poultry, dairy) and offers additional health benefits. It can reduce your risk of heart disease by 36 percent, improve how you feel during pregnancy and help your child develop a healthy brain and eyes, and improve memory and sharpness in older adults.<sup>3,5,6</sup>
- As a “protein with benefits,” the USDA recommends that Americans eat seafood twice a week.<sup>1</sup>



***Seafood is delicious,  
versatile, budget-friendly,  
and fast***

- From delicate, mild flounder to rich, flavorful salmon, or sweet and savory shrimp, seafood can please any palate.
- Seafood fits with all of your favorite flavors – it can be incorporated into a spicy Latin dish, flavorful Creole recipe, light and refreshing salad, or a rich Italian pasta bowl.
- Fresh, local, seasonal catches are easy on the wallet, as are frozen options and canned seafood, like tuna or salmon.
- From start to finish, fresh, frozen, or canned seafood can make a meal in 15 minutes or less.

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The Seafood Nutrition Partnership's mission is to inspire a healthier America by raising awareness about the health benefits of seafood.  
[SeafoodNutrition.org](http://SeafoodNutrition.org)

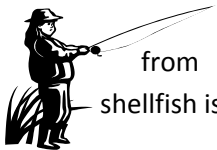
# Seafood Safety

## To reduce your risk of foodborne illness:

- ◆ Refrigerate fish below 40°F
- ◆ Keep cooked and raw seafood separate
- ◆ Wash hands, knives, and forks before and after touching raw or cooked seafood
- ◆ Cook seafood to an internal temperature of 145°F for at least 15 seconds
- ◆ Properly cooked seafood should be moist and a solid color throughout
- ◆ Purchase seafood from retailers that have high quality and cleanliness



## To reduce your risk from contaminants:



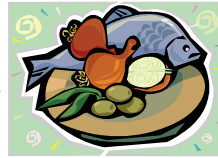
- ◆ For most people the risk from mercury by eating fish and shellfish is not a health concern
- ◆ Follow the guidelines for consumers inside this brochure to lower risks and maximize benefits
- ◆ The greatest risk of exposure to contaminants is from seafood caught by family and friends in polluted lakes and rivers. Remove the skin from the fish and trim the fat to reduce exposure

For more information, visit our website:

<http://seafoodhealthfacts.org>

# Seafood Benefits

Seafood is a healthy food choice for people of all ages. It provides key nutrients for infants and children and is a healthy protein source for adults.



## Nutrition benefits of seafood:

- ◆ Good source of protein
- ◆ Low in saturated fat

## Omega-3 fatty acids:

Seafood is the main source of the omega-3 fatty acids DHA and EPA. These nutrients:



- ◆ Promote healthy brain and eye development in children
- ◆ Reduce the risk of heart disease in adults

U.S. health organizations recommend a daily EPA and DHA intake of:

- ◆ 250 mg for the general population
- ◆ 1000 mg for people with heart disease

Pregnant or breastfeeding women and their children also need EPA and DHA. Oily fish, like salmon, herring, mackerel and sardines, are good sources of EPA and DHA.

*For good health eat a variety of  
seafood twice a week*

## Seafood for Health

**Seafood advice for consumers**



<http://seafoodhealthfacts.org>

- ◆ Health benefits of seafood
- ◆ Tips for reducing risks
- ◆ Guidelines for consumers

*A joint project of Oregon State University,  
Cornell University, and the Universities of  
California, Delaware, Florida and Rhode  
Island*

# Balancing Benefits & Risks



- ◆ Health benefits of eating seafood outweigh the risks from contaminants such as trace amounts of mercury
- ◆ Removing seafood from the diet can have negative effects on human health
- ◆ The most commonly consumed seafoods in the United States present very little risk from contaminants like mercury while offering many health and nutrition benefits
- ◆ Consumers should focus on limiting exposure to bacteria that grow when seafood isn't stored correctly. Learn proper handling, storing, and cooking in the **Seafood Safety** section

## Health Benefits Linked to Seafood and EPA and DHA\*

### Heart

- ◆ Reduces the risk of heart disease
- ◆ Helps protect against heart attack and sudden death
- ◆ Decreases blood triglyceride levels

### Eyes

- ◆ Contributes to sharp vision

### Brain

- ◆ Contributes to brain development in infants and children

### Pregnancy

- ◆ Increases duration of gestation

### Muscles

- ◆ Helps build muscles and tissues

*\*Seafood Choices: Balancing benefits and risks, Institute of Medicine of the National Academies (2007)*

# Guidelines for Consumers

One serving= 4 ounces of cooked fish or shellfish (about the size of the palm of your hand)

## Healthy teenagers and adults



- ◆ Should eat 8 or more ounces of a variety of seafood per week
- ◆ Can reduce their risk of heart disease by eating seafood regularly
- ◆ Can have added benefits from seafood high in EPA and DHA
- ◆ May eat raw or partially cooked seafood at their own risk

## Women who are or may become pregnant or who are breastfeeding



- ◆ Should eat *at least* 8 ounces and up to 12 ounces of a variety of seafood per week
- ◆ Mothers and their infants can benefit from seafood, especially types high in EPA and DHA
- ◆ Can eat up to 6-ounces of albacore (white) tuna per week
- ◆ Should avoid shark, swordfish, tilefish, and king mackerel due to mercury
- ◆ Should not eat raw or partially cooked seafood, including smoked fish

## Children 12 years and under



- ◆ Should eat about 8 ounces of a variety of seafood per week
- ◆ May benefit from eating seafood, especially types high in EPA and DHA
- ◆ Can eat up to 6 ounces of albacore (white) tuna per week
- ◆ Should avoid shark, swordfish, tilefish and king mackerel due to mercury
- ◆ Young children should not eat raw/partially cooked seafood, including smoked fish

## Immuno-compromised individuals and older adults



- ◆ Should eat a variety of seafood at least twice per week
- ◆ Can reduce their risk for heart disease by eating seafood regularly
- ◆ Can have added benefits from seafood high in EPA and DHA
- ◆ Should not eat raw or partially cooked seafood

Sources: 2010 USDA Dietary Guidelines for Americans; U.S Food and Drug Administration; U.S. Environmental Protection Agency; American Heart Association; and Institute of Medicine of the National Academy of Sciences



# THE ULTIMATE GUIDE TO COOKING Seafood

## SHELLFISH



### Pick Your Shellfish!

- **Crustaceans:** shellfish have long bodies and soft, jointed shells and legs, and these include crabs, crayfish, lobster, and shrimp.
- **Mollusks:** with soft bodies, no spine and a shell these include clams, mussels, octopus, oysters, scallops, and squid.

Shellfish can be bought fresh, frozen, or canned.

**Fresh:** When buying shellfish, make sure that if they have shells, they are tightly closed, not cracked or broken. If you are purchasing them alive – make sure they are actually alive by tapping on the shell to make sure they close. The odor should be mild and sweet, not overwhelming or foul.

### Best Way to Cook Your Shellfish

Often, shellfish are boiled, poached, steamed, or microwaved. They can also be baked, broiled, or grilled, as with scallops or shrimp.



### Is It Done?

- **Raw shrimp:** it will turn pink and become firm.
- **Live oysters, clams, and mussels:** the shells will open when they are done.
- **Shucked oysters, clams, and mussels:** they will become plump and opaque. The edges of the oysters will start to curl.
- **Scallops:** they will turn white or opaque and become firm to the touch.
- **Crab and lobster:** the shells will turn bright red and the meat will become white or opaque.



|                 | Clams  | Crab  | Lobster   | Mussels   | Oysters  | Scallops                        | Shrimp                                      |
|-----------------|--|---|---|---|--|---------------------------------|---|
| SHELLFISH       |  |   |   |   |  |                                 |   |
| COOKING METHODS | Steam  | Steam, broil, or buy precooked frozen or canned                       | Boil, or use precooked frozen                   | Steam   | Steam, roast, or poach                                   | Pan-sear, broil, or grill       | Boil, sauté, grill, or use precooked frozen |
| WAYS TO ENJOY   | In risotto or on their own with a squeeze of lemon | In gumbos, as crab cakes, or as a topping on fish, shrimp, or lobster | Over a fresh salad or served with melted butter | Steamed in broth or soup, or on their own with a squeeze of lemon | Grilled or baked, topped with sautéed spinach and garlic | Tossed with Italian-style pasta | Grilled, in tacos or over pasta             |

## FISH

### Pick Your Fish

**Fresh:** When buying fillets, the flesh of the fish should be firm and elastic, meaning it will spring back when touched. If it is a whole fish, look for eyes that are bright, clear, and not sunken; gills should be reddish-pink, and scales should be bright with a sheen. There should be no unpleasant odor.

At the counter, you'll see several options. You can buy:

- **Whole fish.**
- **Drawn fish:** head on, whole fish, but the inside stomach is cleaned out.
- **Pan-dressed:** whole fish without insides, head, tail, or fins.
- **Fish steaks:** cross-section slices of the fish, about ¾ -1½" thick.
- **Fish fillets:** both sides of the fish cut length-wise, with or without skin.

**Frozen:** The package should be tightly wrapped and frozen solid, with little or no air space between the package and the fish. It should not be discolored. If there are points of discoloration, it could affect the flavor. There should be no odor.

**Canned:** Make sure the can is not dented or bulging. Look for the manufacturer sell-by date and purchase only if it is not expired.



### Best Way to Cook Your Fish and Shellfish

Fish can be divided into categories based on the amount of fat it contains. Within each category, you can swap types of fish in recipes and cooking techniques.

- **Steamed or poached:** Lean, mild-flavored fish with tender, white or pale flesh, such as sea bass, cod, flounder, or grouper are usually delicate, so this cooking method works well. Shrimp, crab, and lobster can be cooked in this method.
- **Grilled or broiled:** Medium-fatty fish, such as bluefish, catfish, mullet, or swordfish, cuts are perfect for these methods, because they can withstand the heat. Shrimp, crab, and lobster can be cooked in this method.
- **Broiling, baking, or poaching:** For fattier fish, with a firmer texture, richer flavor, and deeper color – such as black cod (sablefish), mackerel, salmon, or trout – try one of these methods.

### Is It Done?

- Many types of fish are delicate and tender, so you want to avoid overcooking them. The best way to tell if a fish is done is by testing it with a fork. Insert the fork at an angle, at the thickest point, and twist gently. The fish will flake easily when it's done, and it will lose its translucent or raw appearance.
- If you are new to preparing seafood, a good rule of thumb is to cook the fish to an internal temperature of 140° to 145°F. Try the 10-minute rule, which says you should measure the fish at its thickest point, and cook it for 10 minutes per inch, turning halfway through the cooking time.

Fish is versatile and can be paired with a variety of cuisines and flavors. Try a few of our favorite ways to enjoy it!

| MILD FISH          | COOKING METHODS                          | WAYS TO ENJOY   |
|--------------------|--|---|
| <b>Cod</b>         | Broil, pan-fry, bake, or poach           | Baked with vegetables   |
| <b>Flounder</b>    | Broil, pan-fry, or bake                  | Dress it with toasted almonds and lemons                              |
| <b>Grouper</b>     | Grill, pan-fry, pan-sear, bake, or poach | Try a zesty lime sauce or marinade                                    |
| <b>Haddock</b>     | Broil, pan-fry, bake, or poach           | In a sandwich topped with slaw  |
| <b>Halibut</b>     | Grill, broil, pan-sear, or bake          | Marinated in soy sauce and miso paste, paired with fresh vegetables   |
| <b>Mahimahi</b>    | Grill, sauté, bake, or poach             | Topped with a spicy pesto sauce or in a curry sauce                   |
| <b>Monkfish</b>    | Grill, pan-roast, or pan-fry             | Cubed, coated with Jamaican jerk spices, grilled and served as kebobs |
| <b>Pollock</b>     | Broil or sauté                           | Coated with breadcrumbs and parmesan                                  |
| <b>Red Snapper</b> | Roast, fry, or sauté                     | Served in a spicy tomato sauce with pasta                             |
| <b>Sea Bass</b>    | Grill, broil, pan-sear, or bake          | Baked with a citrus dressing or pan-seared with vegetables            |
| <b>Sole</b>        | Broil, sauté, or bake                    | Simple sauté or stir-fry  |
| <b>Tilapia</b>     | Broil, pan-fry, or sauté                 | Pan-sear and top with a lemon and kalamata olive sauce                |

| RICHER-FLAVORED FISH   | COOKING METHODS                                   | WAYS TO ENJOY   |
|------------------------|---|---|
| <b>Catfish</b>         | Grill, pan-fry, or bake                           | In gumbo, or pan-seared   |
| <b>Salmon</b>          | Grill, broil, pansear, bake, poach, or use canned | Form into cakes, or dust with cumin and pair with black-bean stew |
| <b>Sardines</b>        | Grill, broil, or bake                             | In meatballs  |
| <b>Swordfish</b>       | Grill, broil, or bake                             | As a grilled steak or kebobs                                      |
| <b>Trout</b>           | Grill, broil, or pan-fry                          | Sautéed with vegetables, rice, and pecans                         |
| <b>Tuna, Yellowfin</b> | Grill, broil, pan-fry, bake, or use canned        | In a panini, atop a salad, or grilled as a steak                  |

Take the Healthy Heart Pledge at [SeafoodNutrition.org](https://SeafoodNutrition.org) for more tips, coupons, and recipes to help you eat seafood twice a week.



# TOUR TIPS: SEAFOOD ON YOUR *Supermarket Tour*



Shoppers often hesitate when it comes to choosing seafood. A supermarket tour is a perfect opportunity to help shoppers get comfortable with the variety of options, and make choices that taste delicious and are good for their health.

For your supermarket tour, here are talking points at four main stops in the market – fresh, frozen, canned, and prepared. See below for fish facts that are sure to get every shopper excited about eating more seafood!

## **Talking Points**

### **AT THE SEAFOOD COUNTER**

- When you are in the mood for something fresh, ask our seafood counter about seasonal seafood options, along with any recipes they may have on hand.
- Have a favorite recipe? Ask about similar types of fish to use to expand your seafood palate. And talk to them about adding seafood to some of the dishes you already prepare!

### **IN THE FREEZER SECTION**

- Frozen seafood is just as good for you as fresh, especially with today's flash-frozen-at-sea technologies.
- It is a cost-effective alternative that allows you to make something special and healthy any day of the week.
- From fish sticks to grilled salmon to shrimp scampi, frozen seafood offers healthy varieties that everyone in your family will love.
- Frozen fish can also save time and cost less – try mussels, shrimp, salmon, or trout. The cooking instructions are right on the package.

### **IN THE AISLE**

- Canned seafood is just as good for you as fresh or frozen seafood.
- There are many canned seafood options when you are looking for a quick and easy meal or snack – and they serve as a great source of lean protein.
- No time to cook? Choose canned tuna, crab, or salmon – these precooked options taste great in salads, or all by themselves.

### **IN THE PREPARED FOOD SECTION**

- When you're in a hurry, the prepared food section offers quick and convenient seafood choices.
- This is the perfect opportunity to be adventurous and try something new.
- Check out the store's seafood offerings and pick up an entrée to pair with cooked vegetables, or a salad for a balanced meal.
- Stop by the sushi counter for a seafood lunch or dinner on the run.

## **Fish Chats for the Tour**

Ask and answer these seafood questions on your tour!

**Q: How many times a week should you eat seafood for your health?**

**A:** The USDA HHS Dietary Guidelines for Americans recommend that we all eat seafood twice per week.<sup>1</sup> Eating seafood two to three times per week reduces the risk of death from any health-related cause by 17 percent and reduces your risk of dying from heart disease by 36 percent.<sup>2,3</sup>

**Q: Is seafood considered a "high-quality protein"?**

**A:** Sure is! It sits among the ranks of dairy, eggs, meats, and poultry as a protein source.

**Q: Did you know that the fat in seafood can help protect your heart?**

**A:** Seafood has the essential fat, omega-3. Low seafood intake contributes to 84,000 deaths each year, making seafood deficiency a leading dietary contributor to preventable death in the U.S.<sup>3,4</sup>

**Q: Did you know that eating seafood may actually help you live longer?**

**A:** It is estimated an additional 50,000 deaths from heart disease and stroke are avoided per year by eating fish.<sup>2</sup>

**Q: Is seafood healthy during pregnancy?**

**A:** By eating two servings of seafood weekly during pregnancy, women feel better and their children develop more quickly. Women who do not eat

seafood during pregnancy are twice as likely to experience depression.<sup>5</sup>

**Q: How can eating seafood help older adults?**

**A:** Research has shown that seafood will improve memory and sharpness in older adults.<sup>6</sup>

**Q: What other "hard to get" vitamin does seafood supply?**

**A:** Just one serving of salmon provides 100% of daily recommended vitamin D.



## **REFERENCES:**

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## Apple Cider Poached Pears

**Preparation/Cook Time:** 40 minutes **Number of Servings:** 4

### Ingredients:

- 1 cup apple cider
- 1/2 cup orange juice
- 1 teaspoon vanilla extract
- 1 cinnamon stick
- 2 Bosc pears, peeled, halved, and cored
- 2 teaspoons orange zest
- 1/2 cup 2% Greek yogurt
- 1 1/2 tablespoons sliced almonds, toasted



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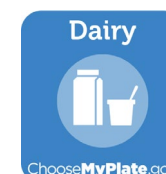


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### Ingredients:

- 1 cup apple cider
- 1/2 cup orange juice
- 1 teaspoon vanilla extract
- 1 cinnamon stick
- 2 Bosc pears, peeled, halved, and cored
- 2 teaspoons orange zest
- 1/2 cup 2% Greek yogurt
- 1 1/2 tablespoons sliced almonds, toasted





### Apple Cider Poached Pears

#### Directions:

1. In a medium pan over medium-high heat, bring cider, orange juice, vanilla and cinnamon stick to a boil.
2. Place pears cut side facing down in the pan. Lower heat and simmer gently until a knife inserted into the pears meets no resistance, about 10-20 minutes.
3. Once they are tender, remove from heat and let them cool in the pan. Remove cinnamon stick.
4. Place pears on dessert plates once cooled.
5. Turn heat back up to medium and reduce the remaining poaching liquid until it becomes a glaze then pour over the top of the pears.
6. In a small bowl, combine the orange zest with the Greek yogurt and place a heaping sized tablespoon on top of the pears.
7. Finally sprinkle the almonds over the top of the yogurt and serve.

#### Nutrition Facts (per serving):

Calories: 148 Protein: 7gm Total Carbohydrates: 25.5gm Fiber: 2.5gm  
Total Fat: 2.5gm Cholesterol: 4mg Sodium: 34mg

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### **Pumpkin and Black Bean Stew**

**Preparation/Cook Time:** 30 minutes **Number of Servings:** 6

#### **Ingredients:**

- 1 - 15oz can 100% pure pumpkin
- 1 - 15oz can no salt added sweet corn, drained
- 1 - 15oz can no salt added black beans, rinsed and drained
- 2 cups of mild to medium salsa (depending on your preference)
- 4 cups unsalted chicken stock/broth
- 2 cups shredded, cooked chicken
- ½ Tablespoon cumin
- ½ Tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon paprika
- Freshly ground black pepper, to taste
- Pinch of red pepper flakes (optional)



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## **Pumpkin and Black Bean Stew**

### **Directions:**

1. Combine all ingredients in large soup pot and bring to a boil.
2. Simmer for 20 minutes or longer to allow spices and flavors to infuse.
3. Serve with your choice of garnishments such as a dollop of plain non-fat Greek yogurt, fresh chopped cilantro, and tortilla strips.

### **Tips:**

- Swap out regular salsa for tomatillo salsa (Salsa Verde) for a slightly tangy and roasted flavor compared to red salsa.
- If you do not like the flavor of pumpkin, you will not even notice it in this recipe so leave it in there!

### **Nutrition Facts (per serving):**

Calories: 206   Protein: 21gm   Total Carbohydrates: 25gm   Fiber: 8gm  
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