

FOOD & DRINK

A taste of summer

Delicious meals are just minutes away when using Ontario's tender fruit

Chilled pear soup

Here's a light, simple to make, yet elegant dessert soup. If you can't find a vanilla bean or cinnamon sticks, add half a teaspoon cinnamon when you add the nutmeg and one teaspoon vanilla just before pureeing soup.

Preparation time: 10 minutes
Cooking time: 20 minutes
Chilling time: 30 minutes
Serves: Six

- 1 1/4 cups water
- 1/3 cup granulated sugar
- 2 tbsp lemon juice
- 2 cinnamon sticks (2-inch/5 cm long)
- 1 whole vanilla bean, split in half lengthwise
- 5 Ontario pears, peeled, cored and cut into chunks
- 1/4 tsp nutmeg
- 1 1/2 to 2 cups pear nectar (canned or bottled)

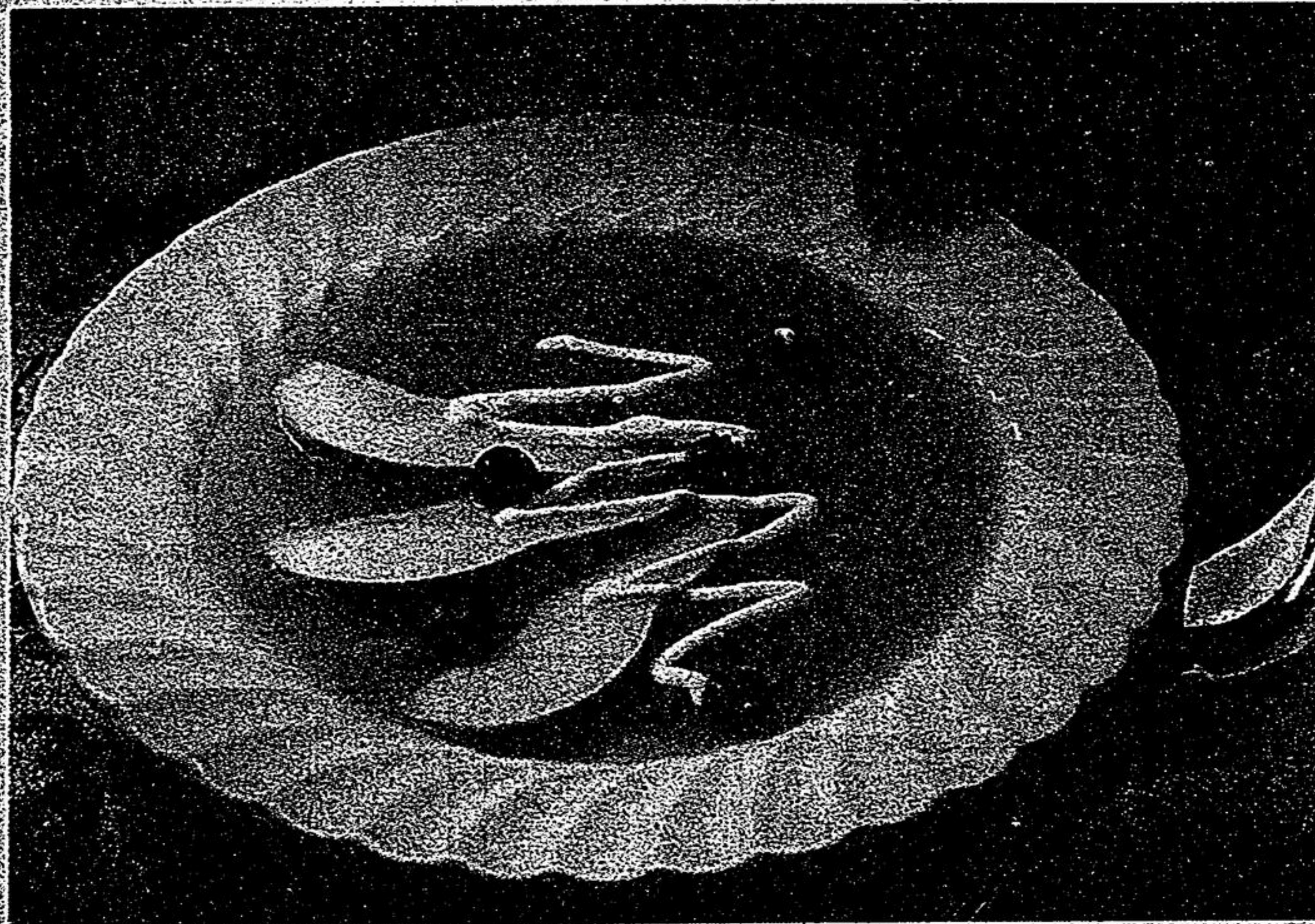
Garnish:

- Plain yogurt
- thin wedges of Ontario pear
- blueberries

◆ In a large saucepan, combine water, sugar, lemon juice, cinnamon sticks and vanilla bean; bring to a simmer over medium heat and cook gently, uncovered, 10 minutes.

◆ Add pears and nutmeg; cover and simmer, stirring occasionally, until pears are very tender, 20 to 25 minutes. Remove cinnamon sticks and vanilla bean.

◆ Puree soup until smooth. Stir in enough



PHOTO/FOODLAND ONTARIO

Whether you fancy Bartletts or Boscs, Ontario Pears make a sweetly delicious and low-fat dessert soup. Drizzle yogurt on top and add a few Ontario blueberries for a professional-looking presentation.

pear nectar to reach soup-like consistency. Chill. Serve slightly chilled, garnished with dollop of yogurt, wedges of pear and sprinkling of blueberries.

Nutritional information:

One serving has 0.5 grams of protein, 0.5 grams of fat, 42 grams of carbohydrates and 175 calories.

Curried chicken, peach and pecan salad

Dressing:

- 1/2 cup plain yogurt
- 1/3 cup mayonnaise
- 2 tbsp lemon juice
- 1 tsp curry powder
- 2 Ontario garlic cloves, minced
- 1/2 tsp salt
- cayenne pepper to taste

Salad:

- 3 cups cooked bite-size pieces chicken
- 4 Ontario peaches, peeled and cut into bite-sized pieces
- 1/2 cup chopped Ontario green onion
- 2 Ontario carrots, grated
- 1/3 cup pecan halves, preferably toasted

Dressing: In medium bowl, stir together yogurt, mayonnaise, lemon juice, curry powder, garlic, salt and cayenne pepper until blended. Refrigerate until ready to use.

Salad: In a large bowl, toss together chicken, three of the peaches, green onion and carrots until combined; toss with dressing. Add pecans and gently toss. Sprinkle with remaining peaches and serve immediately.

Nutritional information:

One serving contains 10 grams of protein, 15.5 grams of fat, 13 grams of carbohydrates and 268 calories.

Other Recipes from Foodland Ontario

Peach lemonade

Peel and pit four Ontario peaches and puree until smooth. Whisk into prepared 12-1/2 oz can of pink lemonade. Add ice and wedges of peach for garnish.

Peach smoothie

In a blender, blend two Ontario peaches, peeled, pitted and chopped, 1/2 cup plain yogurt, 1/3 cup orange juice, 1/2 tsp vanilla and honey to taste until smooth.



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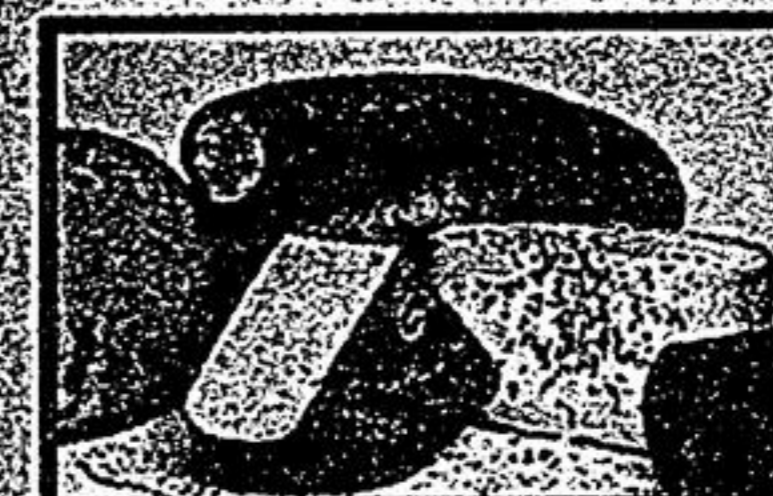
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