



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

All-American Chopped Salad

4 Servings

Ingredients

6 cups mixed salad greens
1 can (15-ounces) Pacific Northwest Canned Pears, slices, in juice, drained
1 large tomato, cut in eighths
2 hard-cooked eggs, coarsely chopped
4 slices bacon, cooked and crumbled
3/4 cup ranch dressing

Method

Evenly divide the greens between 4 plates (1-1/2 cups per plate) and place 3 pear slices and 2 tomato wedges on each.

Sprinkle each salad with about 2 tablespoons chopped egg and 2 tablespoons crumbled bacon, and drizzle with 2 to 3 tablespoons dressing.

Servings

Makes 4 servings

Nutrition

<i>Calories</i>	270
<i>Calories from Fat</i>	176
<i>Fat</i>	20g
<i>Saturated Fat</i>	4g
<i>Cholesterol</i>	83mg
<i>Sodium</i>	400mg
<i>Carbohydrate</i>	18g
<i>Dietary Fiber</i>	4g
<i>Sugar</i>	13g
<i>Protein</i>	6g
<i>Vitamin A</i>	20% DV
<i>Vitamin C</i>	18% DV
<i>Calcium</i>	5% DV
<i>Potassium</i>	11% DV
<i>Iron</i>	7% DV