

All-American Chopped Salad

24 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

5-1/4 pounds iceberg lettuce, chopped
4-1/2 pounds Pacific Northwest Canned Pear slices, in juice,
drained
6 tomatoes, cut in eighths
8 hard-cooked eggs, coarsely chopped
12 ounces bacon, cooked and crumbled
3 cups ranch dressing

Method

Evenly divide salad mix between 24 bowls (2-1/2 cups per bowl) and place 3 pear slices and 2 tomato wedges on each. Sprinkle each salad with 2 tablespoons chopped egg and 2 tablespoons crumbled bacon, and drizzle with 2 tablespoons dressing.

VARIATION: Add 3 slices avocado to each salad and serve with prepared creamy blue cheese dressing.

Servings

Makes 24 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 |