



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Asian Noodle Pacific Northwest Canned Pear Salad

24 Servings

Portion: 1 cup

Meal Component Crediting: (k-8 + 9-12) 1 cup provides 0.5 oz eq grain, ¼ cup fruit, 1/4 cup red/orange vegetable, ¼ cup dark green vegetable

Ingredients	Weight	Measure
Noodles, spaghetti, whole grain, dry	1 lb	
Pears, Pacific Northwest, canned, sliced, extra light syrup, drained, syrup reserved*		1 no. 10 can
Carrots, shredded	1 lb 4 oz	
Broccoli florets, blanched and chopped	1 lb 8 oz	
Pear juice, reserved, extra light syrup		2/3 cup
Soy sauce		2/3 cup
Rice vinegar, unseasoned		½ cup
Peanut butter, chunky or almond butter		½ cup
Cilantro, fresh, minced		½ cup
Oil, canola		1/3 cup
Ginger, fresh, minced		2 Tbsp
Garlic, fresh, minced		2 tsp

*1 #10 can pears diced, packed in juice or light syrup provides about 9 1/2 cups (66 oz) drained pears. We recommend using only U.S. grown and canned pears for the best flavor, quality, texture and yield.

Method

1. Cook spaghetti and drain well. Chill immediately.

CCP: No bare hand contact with ready to eat food.

CCP: Chill to 70°F within 2 hours, and to 41°F within an additional 4 hours.

2. Drain pears and reserve the extra light syrup.

3. Blanch broccoli florets, chill immediately, then chop into bite-sized pieces.

4. In a large bowl combine the drained pears, chilled pasta, carrots, and broccoli.

CCP: No bare hand contact with ready to eat food.

CCP: Hold at 41° F or lower.

5. In a large bowl, whisk together the reserved extra light syrup, soy sauce, unseasoned rice vinegar, chunky peanut butter or almond butter, cilantro, canola oil, minced ginger, and minced garlic.

6. Pour the dressing over the pears, pasta, carrots and broccoli. Toss gently to evenly coat the ingredients. Cover and refrigerate at least 2 hours before serving.

CCP: Hold at 41° F or lower.

7. Serve 1 cup portions.

CCP: Hold and serve at 41° F or lower.

Nutrients Per Serving

Calories 214

Recipe by XXX
eatcannedpears.com



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<i>Protein</i>	5.37 g
<i>Carbohydrate</i>	36.32 g
<i>Total Fat</i>	6.22 g
<i>Saturated Fat</i>	<1 g
<i>Cholesterol</i>	0 mg
<i>Vitamin A</i>	4354.18 IU
<i>Vitamin C</i>	19 mg
<i>Iron</i>	1 mg
<i>Calcium</i>	28.90 mg
<i>Sodium</i>	315.55 mg
<i>Dietary Fiber</i>	5.86 g