

Asian Noodle Pear Salad

Food Service



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

8 cups Pacific Northwest Canned Pears, slices, in juice, drained and juice reserved
1 pound cooked whole grain linguine, drained
6 cups shredded carrots
6 cups blanched chopped broccoli
2-1/2 to 3 cups Pear Ginger Dressing (recipe follows)

PEAR GINGER DRESSING

2/3 cup soy sauce
2/3 cup reserved Pacific Northwest Canned Pear juice
1/2 cup rice wine vinegar
1/2 cup chunky peanut or almond butter
1/2 cup cilantro, fresh, minced
1/3 cup canola oil
2 tablespoons minced ginger
2 teaspoons minced garlic

Servings

Makes 24 servings

Nutrition

Calories	190
Calories from Fat	60
Fat	7g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	310mg
Carbohydrate	31g
Dietary Fiber	6g
Sugar	9g
Protein	6g
Vitamin A	120% DV
Vitamin C	70% DV
Calcium	4% DV
Iron	8% DV

Method

In a bowl, combine pears, pasta, carrots and broccoli with Pear Ginger Dressing, tossing gently to evenly coat the ingredients. Cover and refrigerate at least 2 hours before serving. For each serving, place 1 cup salad on a salad plates or in a bowl. Serve warm, cold or at room temperature.

PEAR GINGER DRESSING

In a bowl, whisk together all ingredients until smooth. Cover and refrigerate until ready to use.