

Asian Noodle Pear Salad



**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

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.

Servings

Makes 24 servings

Nutrition

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