



**Pacific Northwest
Canned Pears**
Always ripe. Always ready.

Asian Pear Slaw

24 Servings

Ingredients

3 pounds broccoli slaw mix
4 pounds Pacific Northwest Canned Pears, halves, drained
and cut in 1-inch chunks, juice reserved
4 cups diced cucumber
2 cups shredded carrots
8 ounces dried ramen noodles, crushed (about 4 cups)
3 cups thinly sliced scallions
1 cup picked cilantro leaves
Asian Pear Dressing (recipe follows)
1/4 cup lightly toasted black sesame seeds

ASIAN PEAR DRESSING

3 cups reserved Pacific Northwest Canned Pear juice
1 cup rice wine vinegar
2/3 cup tahini
1/2 cup finely minced pickled ginger
1/4 cup dark sesame oil
1 tablespoon soy sauce
1/4 cup pickled ginger juice
2 tablespoons wasabi paste
1/2 cup yuzu juice or lemon juice

Servings

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Nutrition

<i>Calories</i>	257
<i>Fat</i>	14g
<i>Cholesterol</i>	0mg
<i>Sodium</i>	354mg
<i>Carbohydrate</i>	30g
<i>Dietary Fiber</i>	5g
<i>Protein</i>	6g
<i>Potassium</i>	11% DV
<i>Iron</i>	7% DV

Method

In a large bowl, toss the broccoli slaw with the pear chunks, diced cucumbers, shredded carrots, ramen noodles, scallions and cilantro. Stir in 3-1/2 to 4 cups Asian Pear Dressing and gently toss to combine and coat the ingredients. Cover and refrigerate below 40°F at least 2 hours before serving, tossing several times during chilling period.

To serve, place 1 cup of slaw (per serving) in a bowl and sprinkle with 1 teaspoon of the sesame seeds.

ASIAN PEAR DRESSING

In a small stainless steel or other non-reactive pan, reduce the pear juice over medium heat by two-thirds, to 2 cups total. Remove from the heat and cool to room temperature.

In a non-reactive bowl, whisk the reduced pear juice with the remaining ingredients until well blended. Cover and hold at room temperature for 2 hours before serving, or refrigerate below 40°F and remove at least 2 hours before serving.

Makes 4 cups