



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

# Canned Pear Winter Squash Salad

24 Servings

## Ingredients

5 cups hard red wheat berries  
6 pounds butternut squash, peeled and cut in 3/4-inch dice  
1/4 cup canola or vegetable oil  
1 teaspoon cinnamon  
1 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper  
1 (#10 can) Pacific Northwest Canned Pears, diced, in juice, drained and juice reserved  
3 cups finely diced celery  
1-1/2 cups dried cranberries  
Pear Vinaigrette (recipe follows)  
Sage or other herb leaves for garnish, optional

### PEAR VINAIGRETTE

1 cup reserved Pacific Northwest Canned Pear juice  
1/2 cup canola or vegetable oil  
1/4 cup red wine vinegar  
2 teaspoons Dijon mustard  
1 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper  
1/2 teaspoon cinnamon

## Method

Place the wheat berries in large pot with 8 cups of water. Season generously with salt and bring to a boil over high heat. Reduce to a simmer, cover and continue cooking 50 to 60 minutes, or until the grains are tender and chewy. Remove from the heat, drain into a sieve and rinse the grains with cold water to stop the cooking. Cover and refrigerate the well-drained, cooked wheat berries until ready to use.

Preheat the oven to 375 degrees F. In a large bowl, toss the squash with the oil, cinnamon, salt and pepper, mixing to coat thoroughly. Divide the squash between 2 sheet pans, making sure the pieces are in a single layer and are not crowded. Roast 30 minutes, or until caramelized and tender. Remove the pan from the oven and place the roasted squash in the refrigerator to chill until ready to use.

To assemble the salad, combine the chilled wheat berries and roasted squash in a large bowl with the pears, celery and dried cranberries. Pour the Pear Vinaigrette over the salad and toss gently to coat. Garnish with sage leaves, if desired, and serve immediately, or refrigerate until ready to serve.

### PEAR VINAIGRETTE

Place the pear juice, oil, vinegar, mustard, salt, pepper and cinnamon in the jar of a blender and blend on high speed until emulsified, about 30 seconds. Chill in covered container until ready to use.

## Servings

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## Nutrition

Calories	325
Fat	8g
Cholesterol	62g
Sodium	211mg
Carbohydrate	62g
Dietary Fiber	10g
Sugar	17g
Protein	8g