

Canned Pear Slaw and BBQ Pork Sandwich

24 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

12 cups Pacific Northwest Canned Pears, diced, in juice, drained and juice reserved
16 cups shredded cabbage
6 cups golden raisins
6 cups shredded carrots
4 cups Pear Slaw Dressing (recipe follows)
3 pounds barbecue pork, hot
24 whole grain hamburger buns

PEAR SLAW DRESSING

3 cups mayonnaise
2/3 cup reserved Pacific Northwest Canned Pear juice
1/2 apple cider vinegar
1 cup coarsely chopped fresh parsley
2 teaspoons freshly ground black pepper
Kosher salt to taste

Method

In a large bowl, combine the pears, cabbage, carrots and raisins. Add the dressing and gently toss to coat the ingredients evenly and thoroughly. Cover and refrigerate at least 45 minutes before serving.

To serve, place 2-ounces barbecue pork on the bottom half of each bun and top with 1 cup pear slaw. Cover with top bun and serve. Pear Slaw can also be served on the side, as an accompaniment to the barbecue.

PEAR SLAW DRESSING

In a large bowl, whisk together the mayonnaise, reserved pear juice, and vinegar. Stir in the parsley and pepper, and season to taste with salt if needed. Cover and refrigerate at least 1 hour before serving.

Servings

Makes 24 servings

Nutrition

<i>Calories</i>	520
<i>Calories from Fat</i>	130
<i>Fat</i>	15g
<i>Saturated Fat</i>	3g
<i>Cholesterol</i>	30mg
<i>Sodium</i>	800mg
<i>Carbohydrate</i>	87g
<i>Dietary Fiber</i>	10g
<i>Sugar</i>	56g
<i>Protein</i>	14g
<i>Vitamin A</i>	130% DV
<i>Vitamin C</i>	35% DV
<i>Calcium</i>	15% DV
<i>Iron</i>	20% DV