



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

# Frizzly Pear Salad

24 Servings

## Ingredients

48 cups loosely packed frisee or other hearty green  
3 cups Pear Balsamic Vinaigrette, divided (recipe follows)  
Salt and freshly ground black pepper  
1 #10 can (12 cups) Pacific Northwest Canned Pears, slices,  
drained and juice reserved  
12 cups (about 6 pounds) julienned smoked ham  
6 cups (2-1/4 pounds) julienned roasted red peppers  
6 cups (1 pound 14 ounces) pitted Kalamata olives  
6 cups (18 ounces) shaved Parmesan cheese  
48 Parmesan crouton toasts (optional)  
6 cups (2-1/4 pounds) feta cheese, crumbled (optional)

### PEAR BALSAMIC VINAIGRETTE

2 cups olive oil  
1 cup reserved Pacific Northwest Canned Pear juice  
1 cup balsamic vinegar  
2 tablespoons kosher salt  
Freshly ground black pepper to taste

## Servings

Makes 24 (4 cup) servings

## Nutrition

Calories	670
Calories from Fat	390
Fat	44g
Saturated Fat	11g
Cholesterol	80mg
Sodium	3100mg
Carbohydrate	36g
Dietary Fiber	4g
Sugar	18g
Protein	31g
Vitamin A	80% DV
Vitamin C	30% DV
Calcium	35% DV
Potassium	6% DV
Iron	8% DV

*Optional ingredients (croutons and feta) not used in calculations*

## Method

For each serving, place 2 cups greens in a small bowl, drizzle with about 1 tablespoon Pear Balsamic Vinaigrette and gently toss to coat. Season to taste with salt and pepper.

Place 2 cups of dressed greens in the center of each of 24 large chilled plates. Top with 1/2 cup pear slices, 1/2 cup ham, 1/4 cup red peppers, 1/4 cup olives and 1/4 cup Parmesan. Drizzle an additional tablespoon of Pear Balsamic Vinaigrette over the ingredients on top of the greens and serve immediately with the optional croutons or feta cheese, and additional vinaigrette on the side.

### PEAR BALSAMIC VINAIGRETTE

In the jar of a blender, combine the oil, pear juice, vinegar, salt and pepper. Blend on high speed until smooth and emulsified. Cover and let stand at 2 hours before serving.

Makes 4 cups