



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

Pear, Chicken and Farro Salad

24 Servings

Ingredients

1-1/2 pounds (8 cups) farro
3 pounds (8 cups) Pacific Northwest Canned Pears, diced, in juice, drained and juice reserved
2 pounds (8 cups) cooked, shredded chicken breast
1-1/4 pounds (4 cups) thinly sliced red bell peppers
4 cups (8 ounces) julienned scallions
2 cups (2 ounces) coarsely chopped cilantro
24 lettuce cups or leaves
Ginger Dressing (recipe follows)

GINGER DRESSING

1-1/2 cups reserved Pacific Northwest Canned Pear juice
1/2 cup sesame oil
6 tablespoons soy sauce
6 tablespoons freshly squeezed lemon juice
2 tablespoons finely chopped lemon zest
1/4 cup grated or finely chopped gingerroot

Servings

Makes 24 servings

Nutrition

<i>Calories</i>	270
<i>Calories from fat</i>	60
<i>Fat</i>	7g
<i>Cholesterol</i>	30mg
<i>Sodium</i>	170mg
<i>Carbohydrate</i>	34g
<i>Dietary Fiber</i>	6g
<i>Sugar</i>	8g
<i>Protein</i>	17g
<i>Vitamin A</i>	40%
<i>Vitamin C</i>	60%
<i>Calcium</i>	4%
<i>Iron</i>	15%

Method

In a large pot with a tight-fitting lid, bring the farro and 1 gallon of water to a boil. Reduce the heat to low, cover and simmer for up to 40 minutes, or until grains are tender and have absorbed all of the liquid. Drain any remaining liquid and allow the farro to cool.

In a large bowl, combine the cooled farro, pears, chicken, peppers and scallions. Drizzle the Ginger Dressing over top and toss to coat the ingredients evenly. Add the cilantro and serve immediately, or store in the refrigerator, covered, before serving.

To serve, place 1 cup of salad in each lettuce cup or leaf.

GINGER DRESSING

Combine the pear juice, oil, soy sauce, lemon juice and zest, and ginger in the jar of a blender and process until smooth and emulsified.