

Thai-Style Pear Salad

24 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

1 cup red wine vinegar
2 tablespoons fish sauce or light soy sauce
1 teaspoon granulated sugar
1 teaspoon dried red pepper flakes
1 cup canola or vegetable oil
3-3/4 pounds (approximately 48 cups) shredded romaine lettuce
9 ounces (3 cups) julienned carrots
6 cups Pacific Northwest Canned Pears, diced, in juice, drained
Roasted coarsely chopped peanuts, for garnish
Chiffonade of fresh mint leaves, for garnish
Egg roll wrapper strips, deep-fried, for garnish
Mint springs (optional garnish)

Method

To make the vinaigrette, whisk the vinegar, fish sauce, sugar and pepper flakes together. Slowly drizzle in the oil while whisking continuously. Set aside 1/2 cup for the marinade. Marinate the diced pears in 1/2 cup vinaigrette for at least 1 hour.

To serve, toss 2 cups romaine and 2 tablespoons carrots per serving with 1 tablespoon vinaigrette. Mound the greens on a plate and top with 1/2 cup marinated diced pears. Sprinkle the top of the salad with the chopped peanuts and mint, scatter a few fried egg roll strips on top and garnish with a mint sprig if desired.

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Nutrition

<i>Calories</i>	145
<i>Calories from Fat</i>	80
<i>Fat</i>	10 g
<i>Saturated Fat</i>	1 g
<i>Cholesterol</i>	0 mg
<i>Sodium</i>	133 mg
<i>Carbohydrate</i>	16 g
<i>Dietary Fiber</i>	3 g
<i>Sugar</i>	11 g
<i>Protein</i>	2 g
<i>Vitamin A</i>	171% DV
<i>Vitamin C</i>	38% DV
<i>Calcium</i>	5% DV
<i>Potassium</i>	12% DV
<i>Iron</i>	8% DV