



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Nutty Pear Slaw

25 Servings

Ingredients

5 pounds Pacific Northwest Canned Pear halves, in juice,
drained and juice reserved
3 tablespoons orange juice concentrate
1-1/2 teaspoons Dijon mustard
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/3 cup canola or vegetable oil
8 cups chopped iceberg lettuce
8 ounces red cabbage, shredded
1-1/2 cups shredded carrots
3/4 cup dry roasted peanuts, chopped

Method

In the jar of a blender, combine 3/4 cup reserved pear juice with the orange juice concentrate, mustard, salt and pepper. Blend briefly and then, with the motor running, add the oil gradually, in a slow steady stream until the dressing is emulsified.

In a large bowl, toss the lettuce, cabbage, carrots and pears together. Pour the dressing over top and toss again, to coat all of the ingredients. Sprinkle the peanuts on top and toss again just before serving.

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Nutrition

<i>Calories</i>	117
<i>Calories from Fat</i>	47
<i>Fat</i>	6g
<i>Saturated Fat</i>	1g
<i>Cholesterol</i>	0mg
<i>Sodium</i>	52mg
<i>Carbohydrate</i>	17g
<i>Dietary Fiber</i>	2g
<i>Sugar</i>	13g
<i>Protein</i>	2g
<i>Vitamin A</i>	55% DV
<i>Vitamin C</i>	13% DV
<i>Calcium</i>	2% DV
<i>Potassium</i>	5% DV
<i>Iron</i>	3% DV