



# Pacific Northwest Canned Pear Salsa

76 Servings

Portion: 1/4 cup salsa

Meal Component Crediting K-8, 9-12: 1/8 cup fruit

Ingredients	Weight	Measure
Pears, Pacific Northwest, canned, diced, extra light syrup, drained*		1 no. 10 can
Bell pepper, red, diced		12 oz
Onions, red, fresh, diced		14 oz
Cilantro, fresh, chopped		1 1/2 oz
Pepper, jalapeno, diced		5 oz
Juice, lime		1 Cup

\*1 #10 can pears diced, packed in juice or light syrup provides about 9 1/2 cups (66 oz) drained pears. We recommend using only U.S. grown and canned pears for the best flavor, quality, texture and yield.

## Method

1. Drain pears and add to a large mixing bowl.

*CCP: No bare hand contact with ready to eat food.*

2. Rinse bell peppers and onions under running water. Dice into 1/4" pieces. Add to mixing bowl.

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3. Rinse cilantro under running water and dry well using a disposable towel. Chop fine. Add to mixing bowl.

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4. Rinse jalapenos. Cut jalapenos into quarters and remove seeds with spoon or knife. Cut into 1/8" dices. Add to mixing bowl.

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5. Add lime juice to mixing bowl. Using a spoon, mix to combine all ingredients.

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6. Using a no. 16 disher, serve 1/4 cup of pear salsa.

## Nutrients Per Serving

Calories	24
Protein	<1 g
Carbohydrate	6.22 g
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Vitamin A	198.64 IU
Vitamin C	9.05 mg
Iron	0 mg
Calcium	2.50 mg
Sodium	2.81 mg
Dietary Fiber	.90 mg