

Canned Pear Slaw and BBQ Pork Sandwich

6 Servings



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

Ingredients

3 cups Pacific Northwest Canned Pears, halves or slices, in juice, drained and juice reserved
4 cups shredded cabbage
1-1/2 cups golden raisins
1 cup shredded carrots
1 cup Pear Slaw Dressing (recipe follows)
12 ounces shredded barbecue pork, hot
6 hamburger buns

PEAR SLAW DRESSING

3/4 cup mayonnaise
2 tablespoons reserved Pacific Northwest Canned Pear juice
2 tablespoons apple cider vinegar
1/4 cup coarsely chopped fresh parsley
Kosher salt and freshly ground black pepper, to taste

Method

Dice the drained pears and add them to a bowl with the cabbage, raisins and carrots. Toss the contents of the bowl with the dressing, mixing well to coat the ingredients thoroughly.

To serve, place 2 ounces barbecue pork on the bottom half of each hamburger bun and top with 1 cup pear slaw. Cover with the top bun and serve remaining slaw on the side.

PEAR SLAW DRESSING

In a small bowl, whisk together the mayonnaise, reserved pear juice and vinegar. Stir in the parsley and season to taste with salt and pepper. Cover and refrigerate until ready to use.

Makes 1 cup

Servings

Makes 6 servings

Nutrition

<i>Calories</i>	520
<i>Calories from Fat</i>	130
<i>Fat</i>	15g
<i>Saturated Fat</i>	3g
<i>Cholesterol</i>	30mg
<i>Sodium</i>	800mg
<i>Carbohydrate</i>	87g
<i>Dietary Fiber</i>	10g
<i>Sugar</i>	56g
<i>Protein</i>	14g
<i>Vitamin A</i>	130% DV
<i>Vitamin C</i>	35% DV
<i>Calcium</i>	15% DV
<i>Iron</i>	20% DV