



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Pear and Pearl Couscous Salad

24 Servings

Ingredients

1 pound 14 ounces pearl couscous
4 teaspoons salt, divided
1 pound 5 ounces fresh spinach, cut in rough chiffonade
13 cups Pacific Northwest Canned Pears, diced, in juice, drained
2/3 cup balsamic vinegar
1-1/3 cup olive oil
1 pound 2 ounces dried cherries
14 ounces lightly toasted walnuts, coarsely chopped
10 ounces blue cheese

Method

Bring 6 cups of water to a boil in a large, heavy-bottomed saucepan. Add a scant teaspoon of salt to the boiling water with the couscous, and reduce the heat to medium high. Simmer the couscous uncovered for 8 to 10 minutes, stirring occasionally, until all of the liquid is absorbed. Spread the couscous out onto a sheet pan and refrigerate to cool completely.

Meanwhile, make the salad dressing. Put the vinegar in the jar of a blender and, with the blender running on low speed, slowly add the olive oil in a steady stream. Add the remaining salt and set aside or refrigerate until you are ready to assemble the salad.

Transfer the cooled couscous into a large bowl and use a fork to fluff it, separating the grains from one another. Add the spinach and pears, along with the cherries, walnuts and blue cheese. Add the dressing to the bowl and gently toss the ingredients until they are evenly distributed and well coated. Serve immediately.

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Nutrition

NUTRITIONAL (Per 1 cup serving)

Calories: 487

Fat: 25g

Saturated Fat: 4.7g

Cholesterol: 9mg

Sodium: 321mg

Carbohydrate: 58g

Dietary Fiber: 5.4g

Sugar: 22g

Protein: 10.5g

Vitamin A: 2924IU

Vitamin C: 11mg

Calcium: 127mg

Iron: 2mg