



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Pear Tabbouleh Salad

24 Servings

Ingredients

6 cups bulgur wheat
12 to 13 cups (6 pounds) Pacific Northwest Canned Pears,
diced, in juice, drained and juice reserved
1-1/2 cups freshly squeezed lemon juice
1/2 cup olive oil
1 tablespoon freshly ground black pepper
1 teaspoon kosher salt
3 cups peeled, seeded cucumber slices
3 cups thinly sliced green onions
3/4 cup coarsely chopped fresh mint
3/4 cup coarsely chopped fresh dill

Method

Measure the bulgur into a large bowl and add boiling water just to cover. Let sit 30 minutes or until the water is completely absorbed. If any water remains after 30 minutes, drain it by transferring the plumped bulgur into a fine mesh sieve. In a non-reactive bowl, whisk 1/3 cup reserved pear juice with the lemon juice, oil, pepper and salt. Combine the cooled, drained bulgur with the pears, cucumber, green onions, mint and dill. Add the dressing, tossing gently to thoroughly coat and combine the ingredients. Serve immediately or refrigerate until ready to serve.

Servings

Makes 24 servings

Nutrition

<i>Calories</i>	196
<i>Calories from Fat</i>	4
<i>Fat</i>	1g
<i>Saturated Fat</i>	0g
<i>Cholesterol</i>	0 mg
<i>Sodium</i>	15 mg
<i>Carbohydrate</i>	47g
<i>Dietary Fiber</i>	9g
<i>Sugar</i>	15g
<i>Protein</i>	5g
<i>Vitamin A</i>	3% DV
<i>Vitamin C</i>	15% DV
<i>Calcium</i>	2% DV
<i>Potassium</i>	9% DV
<i>Iron</i>	7% DV