



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

# Sausage and Pear Breakfast Rolls

6 Servings

## Ingredients

2 (15-ounce) cans Pacific Northwest Canned Pear slices, in juice, drained  
1-1/2 cups diced sweet onions  
1 tablespoon canola or vegetable oil  
1-1/2 teaspoons dried Italian herbs  
6 ounces turkey or chicken sausage, casings removed  
10 ounces pizza dough  
3/4 cups grated mozzarella cheese

## Method

Preheat the oven to 400 degrees F.

Combine the pears, onions, oil and herbs in bowl, tossing well to coat the pear slices. Tip the contents of the bowl out onto a lightly greased baking sheet. Roast the pears 35 to 40 minutes, or until golden brown. Remove the pan from the oven and transfer the pears to a mixing bowl to cool.

Meanwhile, brown the sausage in frying pan over medium heat until it is no longer pink, breaking up any large chunks as it cooks.

Roll the pizza dough out on a lightly floured work surface into a 7 by 9-inch rectangle. Spread the pears evenly over the dough, leaving a 1-inch border all around. Top with the sausage and cheese, sprinkling the ingredients evenly over the pears.

Beginning with the long edge of the dough closest to you, roll gently away from you, as if rolling a strudel, to encase the filling. Place the roll on a baking sheet lined with parchment paper and chill 1 hour or until ready to bake.

Preheat the oven to 350 degrees F. Before baking, slice the roll into six 2-inch pieces. (The roll will have stretched to 12-inches with the filling.) Place the rolls cut side down on the parchment lined baking sheet, or in lightly greased large muffin tins. Bake about 18 minutes, or until the rolls are golden brown and cooked through. Serve warm.

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## Nutrition

<i>Calories</i>	290
<i>Calories from Fat</i>	80
<i>Fat</i>	9 g
<i>Saturated Fat</i>	2 g
<i>Cholesterol</i>	35 mg
<i>Sodium</i>	470 mg
<i>Carbohydrate</i>	38 g
<i>Dietary Fiber</i>	5 g
<i>Sugar</i>	10 g
<i>Protein</i>	16 g
<i>Vitamin A</i>	4% DV
<i>Vitamin C</i>	6% DV
<i>Calcium</i>	25% DV
<i>Iron</i>	6% DV