

Asian Noodle Pear Salad

Family



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

Ingredients

1(15-ounce) can Pacific Northwest Canned Pears, slices, in juice, drained and juice reserved
4 ounces linguine pasta, cooked according to instructions on package
1-1/2 cups shredded carrots
1-1/2 cups blanched broccoli florets
3/4 cup Pear Ginger Dressing (recipe follows)

PEAR GINGER DRESSING

3 tablespoons reserved Pacific Northwest Canned Pear juice
3 tablespoons soy sauce
2 tablespoons rice wine vinegar
2 tablespoons chunky peanut or almond butter
2 tablespoons finely chopped cilantro
2 tablespoons canola oil
1-1/2 teaspoons finely minced ginger
1/4 teaspoon finely minced garlic

Servings

Makes 6 servings

Nutrition

Calories	190
Calories from Fat	60
Fat	7g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	310mg
Carbohydrate	31g
Dietary Fiber	6g
Sugar	9g
Protein	6g
Vitamin A	120% DV
Vitamin C	70% DV
Calcium	4% DV
Iron	8% DV

Method

In a bowl, combine pears, pasta, carrots and broccoli with Pear Ginger Dressing, tossing gently to evenly coat the ingredients. Cover and refrigerate at least 2 hours before serving. To serve, place 1 cup salad on each of 6 salad plates or entire amount in a large bowl. Serve warm, cold or at room temperature.

PEAR GINGER DRESSING

Whisk the ingredients together in a small bowl until smooth. Cover and refrigerate until ready to use.