



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Pear and Chicken BLT Salad

6 Servings

Ingredients

2 cups diced cooked chicken
2 cups Caramelized Pear Slices (recipe follows)
3/4 cup Pear Ranch Dressing (recipe follows)
3 cups chopped lettuce
2 cups diced tomatoes
3/4 cup crumbled, crisp bacon
6 slices whole grain bread, toasted

CARAMELIZED PEAR SLICES

4 cups Pacific Northwest Canned Pears, sliced, in juice, drained
1 tablespoon canola oil or vegetable oil

PEAR RANCH DRESSING

4 cups reserved Pacific Northwest Canned Pear juice
1/2 cup prepared ranch dressing

Method

In a large bowl, combine diced chicken, Caramelized Pear Slices and Pear Ranch Dressing. Toss to thoroughly coat the ingredients and set aside.

In a separate large bowl, toss lettuce with tomatoes. For each serving, place 1 cup of lettuce and tomato mixture on a plate and top with 1/2 cup chicken and pear salad, and 2 tablespoons crumbled bacon. Repeat for each serving and garnish with 1 slice toasted whole grain bread.

CARAMELIZED PEAR SLICES

Preheat convection oven to 375 degrees F. Drain pears and reserve juice for dressing. Place pear slices in a bowl and toss with oil to coat. Arrange pear slices in a single layer on sheet pan lined with parchment paper and bake 35 to 40 minutes, turning once, until the pears are caramelized. Remove from the oven and cool to room temperature. (Makes 2 cups)

PEAR RANCH DRESSING

In a saucepan, heat the reserved pear juice over a medium heat and reduce by three-quarters to make 1 cup syrup. Remove from heat and cool to room temperature. Add the ranch dressing to a bowl and whisk in the cooled pear syrup until smooth. Cover and refrigerate until ready to use. (Makes 3/4 cup)

Servings

Makes 6 entrée salads

Nutrition

Calories: 420
Calories from Fat: 150
Fat: 17g
Saturated Fat: 4g
Cholesterol: 75mg
Sodium: 730mg
Carbohydrate: 40g
Dietary Fiber: 6g
Sugar: 19g
Protein: 28g
Vitamin A: 15% DV
Vitamin C: 15% DV
Calcium: 8% DV
Iron: 15% DV