



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Pear and Pearl Couscous Salad

Makes 6 servings

Ingredients

2 (15-ounce) cans Pacific Northwest Canned Pears, halves,
in juice, drained
8 ounces pearl couscous
1 teaspoon salt, divided
5 ounces fresh spinach, cut in 1/2-inch wide ribbons
3 tablespoons balsamic vinegar
1/3 cup olive oil
4-1/4 ounces dried cherries
3-1/2 ounces lightly toasted walnuts, coarsely chopped
2-1/2 ounces blue cheese, crumbled

Method

Dice the pear halves and set aside.

Bring 1-1/2 cups of water to a boil in a small, heavy-bottomed saucepan. Add 1/4 teaspoon salt to the boiling water with the couscous, and reduce the heat to medium. Simmer the couscous uncovered for 8 to 10 minutes, stirring occasionally, until all of the liquid is absorbed. Spread the couscous out onto a baking sheet with sides and refrigerate to cool completely.

Meanwhile, make the salad dressing. In a small bowl, whisk the vinegar with the remaining salt while slowly adding the olive oil in a steady stream. When all the oil has been added and the dressing is emulsified, set it 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.

Servings

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Nutrition

<i>Calories</i>	487
<i>Fat</i>	25g
<i>Saturated Fat</i>	4.7g
<i>Cholesterol</i>	9mg
<i>Sodium</i>	321mg
<i>Carbohydrate</i>	58g
<i>Dietary Fiber</i>	5.4g
<i>Sugar</i>	22g
<i>Protein</i>	10.5g
<i>Vitamin A</i>	2924IU
<i>Vitamin C</i>	11mg
<i>Calcium</i>	127mg
<i>Iron</i>	2mg