



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

# Pacific Northwest Canned Pear Salsa

Makes about 3 cups, or 12 ¼-cup servings

## Ingredients

1 can (15 ounces) diced tomatoes, in juice, drained  
1 can (15 ounces) Pacific Northwest Canned Pears, diced, in juice, drained  
1 small yellow onion  
1 clove garlic  
1/2 cup cilantro leaves and tender stems, loosely packed  
1 jalapeno pepper, stemmed, seeded, de-ribbed and finely diced  
1 to 2 teaspoons red wine vinegar, or to taste  
1 teaspoon salt, plus more to taste

## Method

Place half of the drained pears and tomatoes in a food processor fitted with the steel blade. Pulse for a few seconds at a time until the mixture is almost pureed. It doesn't have to be completely smooth; this is the base of the salsa and will help coat and hold the other ingredients together. Remove into a bowl.

Cut the onion in small dice, finely mince the garlic and coarsely chop the cilantro. Add to the puree. Fold in the jalapeno, remaining pears and tomatoes, and stir to mix well. Add the vinegar and salt, taste and adjust seasoning as needed. Serve with fish tacos.

The salsa will keep in the refrigerator for up to 1 week.

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## Nutrition

<i>Calories</i>	32
<i>Protein</i>	.58g
<i>Carbohydrates</i>	7.58g
<i>Total Fat</i>	0g
<i>Saturated Fat</i>	0g
<i>Cholesterol</i>	0mg
<i>Sodium</i>	224.98mg
<i>Dietary Fiber</i>	1.22g
<i>Trans Fat</i>	0g

*Recipe by Joshua Bain  
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