



Canned Pear Winter Squash Salad

24 Servings

Portion: 1 cup

Meal Component Crediting K-8, 9-12: 0.75 oz eq grain, ¼ cup fruit, and 1/8 cup red/orange vegetable

Ingredients	Weight	Measure
Wheat berries, red, hard (kernels)	1 lb 4 oz	
Water		1 quart 2 cup
Butternut squash, peeled, . inch dice	3 lb 10 oz	
Oil, vegetable		3 Tbsp
Cinnamon, ground		1 tsp
Salt		ó tsp
Black pepper, ground		ó tsp
Pears, Pacific Northwest, canned, diced, extra light syrup, drained, syrup reserved*		1 no. 10 can
Celery sticks, precut, finely diced		2 cup
Cranberries, dried		1 cup
Pear juice, reserved, extra light syrup		2/3 cup
Oil, vegetable		1/3 cup
Vinegar, red wine		3 Tbsp
Mustard, dijon		2 tsp
Salt		1/2 tsp
Black pepper, ground		1/2 tsp
Cinnamon		1/2 tsp
Wheat berries, red, hard (kernels)		3 Tbsp
Water		1 tsp

*1 #10 can pears diced, packed in juice or light syrup provides about 9 1/2 cups (66 oz) drained pears. We recommend using only U.S. grown and canned pears for the best flavor, quality, texture and yield.

Method

- Place the wheat berries in a large pot with 6 cups of water. Bring to a boil over high heat. Reduce to a simmer, cover and continue cooking 50 to 60 minutes, or until the grains are tender and chewy. Remove from the heat, drain, and rinse the grains with cold water to stop the cooking. Chill the wheat berries in the refrigerator.

CCP: Chill to 70°F within 2 hours, and to 41°F within an additional 4 hours.

- Preheat the oven to 375°F. In a large bowl combine the diced squash, vegetable oil, cinnamon, salt, and black pepper. Mix to coat thoroughly. Place the squash on a sheet pan sprayed with pan release spray. Make sure the pieces are in a single layer and not crowded on the pan. Roast in the preheated oven for 30 minutes, or until caramelized and tender.

CCP: Cook to a minimum internal temperature of 135°F

- Remove the pan from the oven and place the squash in the refrigerator to chill.

CCP: Chill to 70°F within 2 hours, and to 41°F within an additional 4 hours.

CCP: No bare hand contact with ready to eat food.

- In a large bowl combine the chilled wheat berries, roasted squash, diced pears, finely diced celery, and cranberries.
CCP: Hold at 41° F or lower.



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

5. To prepare the vinaigrette, combine the reserved pear liquid, vegetable oil, red wine vinegar, Dijon mustard, salt, black pepper, and cinnamon in a blender. Blend on high until completely emulsified. Pour the vinaigrette over the salad and toss gently to combine.

CCP: No bare hand contact with ready to eat food.

6. Serve 1 cup portions.

CCP: Hold and serve at 41° F or lower.

Nutrients Per Serving

<i>Calories</i>	231
<i>Protein</i>	3.86 g
<i>Carbohydrate</i>	45.95 g
<i>Total Fat</i>	5.12 g
<i>Saturated Fat</i>	< 1 g
<i>Cholesterol</i>	0 mg
<i>Vitamin A</i>	7683.62 IU
<i>Vitamin C</i>	11.91 g
<i>Iron</i>	1.25 mg
<i>Calcium</i>	46.76 mg
<i>Sodium</i>	123.91 mg
<i>Dietary Fiber</i>	7.91 g